



Cancer... You Can Heal Yourself!

.....and never have to live in fear of a relapse

A 'new age' in healing from cancer is upon us.....

It does not require radical surgery, chemotherapy or radiation!
Instead, this refreshing 'new' approach reveals the little-known truths
about cancer, enabling you to dissolve your fear of it, while
empowering you to heal yourself from all types and all stages of cancer!

Dr Janey Little (BVSc, MRCVS)

Cancer...

You Can Heal Yourself!

.....and never have to live in fear of a relapse

In memory of.....

My dear mother Peggy
who made this book necessary.
Thank you for your undying love
and for believing in me!

Disclaimer

Prior to making any decisions about treatment, anyone who has cancer or suspects he or she may have cancer, should consult with a qualified physician. A conscientious effort has been made to only present information that is accurate and truthful. The author assumes no responsibility for inaccuracies in the source materials, nor does she assume responsibility for how this material is used.

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Introduction:

There is Real Hope!

There is no such thing as incurable! I know that now.

However, when it comes to the ‘dis-ease’ of cancer we still find it littered with words such as terminal, inoperable, incurable, 3 months-to-live, 6 months-to-live.....

However, if you (or a loved one) have cancer and you have been unfortunate enough to be handed one of these soul-destroying labels, let me open your mind to this truth..... these are only labels handed down by an approach that doesn’t have answers for you. It does ***not*** mean however that there are not other approaches existing right now that ***do*** offer real answers!

While different approaches outside of the status quo and the conventional treatment of surgery, chemotherapy and radiation have remained largely inaccessible for most thus far; we live in an exciting time with respect to the healing from cancer for those who are ready to embrace different wisdoms and understandings in their quest to recover completely and permanently from cancer.

When we look at the Laws of Nature, we learn that where there is a process that creates ‘dis-ease’ (implying that the body is ‘ill at ease’) there must always be a process that exists too, for reversing it. It applies to all dis-eases and it applies to cancer!

Therefore, if someone tells you that you are ‘incurable’, realize that you are ‘incurable’ only by definition of their understanding and thus their approach to cancer..... nothing more!

This book will introduce you to a new understanding of cancer that aligns with the wisdom of how nature operates, and therefore as creatures of nature, how we in turn should respond to it. When we understand this, and respond to cancer in a manner that works with nature rather than against it, we learn that cancer can in fact become *easy to heal!*

Now the question on your lips may well be; “if this is true, then why is it not common knowledge and why is my doctor not sharing this with me?” That of course would be a most pertinent question and the answers will become apparent during the course of this book.

But first, allow me to introduce you to George.....

George had an advanced and aggressive form of pancreatic cancer (one of conventional medicine’s most feared forms of cancer). George was sent home from the hospital and told to ‘get his affairs in order’. He was given less than 2 weeks to live.

However George had a cousin who had heard of a potent natural remedy for healing cancer and with seemingly nothing to lose, she began giving this remedy to George every hour around the clock. After a few days, George began to sit up in bed. After a week, he got out of bed to make his own breakfast. That was 10 years ago. Now George enjoys playing football with his grandchildren.

Or how about Mary.....

Mary was diagnosed with breast cancer. She underwent a mastectomy followed by an arduous course of chemotherapy. However 2 years later she began to experience excruciating pains. An MRI confirmed that she had cancer in her liver, her bones and her brain. In fact Mary was in such an advanced state of weakness at one stage that it was believed that she would be dead within 24 hours. However her devoted husband who never left her side had heard of a natural remedy somewhat belatedly, but nonetheless began applying this product to Mary. Mary never died that night. It did take her 8 months to regain her full strength, but Mary now lives a full and happy life and shares her story with other cancer sufferers to show them that they too can recover from cancer.

These are real people with real stories. They are not ‘one-off miracles’ but rather examples of two people amidst thousands more like them who have recovered completely and permanently from cancer in spite of being diagnosed as ‘terminal’.

When my mother was struggling with cancer 16 years ago I thought I knew a fair bit about cancer. After all I had studied for six and a half years and I had a Veterinary Science degree. I had also worked in numerous veterinary hospitals around the UK and South Africa where I had performed countless surgeries and had implemented many ‘cutting-edge’ chemotherapy protocols. I thought I knew a lot about cancer and that working together with my mother’s doctor we would know enough to pull her through.....I was wrong!

My mother was the heart and soul of my early years and unfortunately it often takes a major personal event such as this was in my life, to begin questioning the previously unquestionable. Never before had I considered that there may well be other wisdoms beyond the strong bias of my conventional medical education that could provide answers to this great ‘mystery’ that cancer appeared to be.

I took a 3 year break from my career and during this time I travelled widely and studied everything I could lay my hands on with respect to the subject of cancer. In fact this would be the first time that I would open myself to exploring wisdoms beyond the conventional approach to cancer. Looking back now, in spite of my conventional medical education and the many years of experience I’d had in treating cancer, this is when my understanding of the real truth of cancer and how to respond to it, would actually begin.

I was fortunate to connect with people around the world who were treating cancer using different approaches and was astonished at the success that some of them were achieving. They were having success with people that in my conventional medical world were considered ‘no hoppers’.

Modern medicine has often scoffed at the real-life stories such as those I have mentioned, dismissing them as ‘unexplained miracles’. However, these successes in cancer healing I would come to learn of were anything but ‘lucky’ or random, but rather consistent successes achieved with all types, and all stages of cancer, when the appropriate approach in line with the ‘truth of cancer’ was adopted.

Initially, my journey into the ‘mystery of cancer’ began as simple scientific curiosity born out of the need to get the answers I had never been able to give my mother. In time however, I began to unearth more truths about cancer. Truths that my peers and I had certainly never been taught at veterinary or medical school, and which I knew were not being shared with the people who needed to hear it most – the millions of cancer patients and their families. It was then that I began to feel compelled to share this information.

In short, I was to learn that **we are not waiting for a cure for cancer.....we know how to heal cancer now, and we’ve known it for a long time!**

The trend in rising cancer statistics is frightening when you do not possess a true understanding of cancer.

Consider this.....

If we go back for a moment to the year 1900, we learn that the chance that you or I would have had of getting cancer at that point in history was 1 in 8000.

If we then fast forward over a decade to the year 2014, we find that the chance that you or I now have of getting cancer (statistically speaking) is approaching 1 in 2!

Quite alarming isn't it?

It is little wonder then that we've all known friends, family or colleagues that either have cancer, or have succumbed to it. In fact cancer has overtaken cardiovascular disease in many parts of the world as the leading cause of death.

And what about when we do get cancer? Are the 'wonders of modern medicine' achieving progressively increasing success rates? Well sadly..... no!

Consider for a moment what you would expect the success rate of chemotherapy to be, considering that it is one of the 'Big 3' standard treatments used in the conventional treatment of cancer. The answer given to this question is very frequently in the region of 20-30%.

While a success rate in this region would still not be something to shout from the rooftops, the true 'success' rate sadly isn't anywhere near this.

The true success rate of chemotherapy, as published in the 'Journal of Clinical Oncology' (Dec 2004) is2.1% in the US and a slightly better 2.3% in Australia.

It is a startling statistic that the Cancer Industry would no doubt prefer you didn't know!

And this is before taking into consideration the frequently appalling side-effects that are endured by those convinced that chemotherapy offers them their best chance of survival.

Back in 1971 President Richard Nixon invited the press to Washington, and on the lawns of The White House he announced to the world that America was declaring ‘War against Cancer’. The rest of the world was soon to follow suit. Well based on the above-mentioned statistics, we would have to say that we are losing this ‘war’ quite spectacularly!

Albert Einstein has been attributed with the following somewhat funny, yet rather sobering quote:

“The definition of insanity is doing the same thing over and over, while expecting different results”.

In view of the statistics already mentioned, if we are to continue doggedly on the same path which has led to these dismal statistics, then we too are guilty of ‘insanity’ according to Einstein’s definition of it.

Perhaps it is time to consider different wisdoms with respect to cancer; wisdoms outside of the status quo that are already delivering excellent results in cancer treatment?

Cancer is considered by the public at large, as well as by the doctors and oncologists who treat it, as being a formidable

disease and a killer-disease. My experience with cancer and my understanding of it now, has convinced me otherwise.

Cancer is formidable only because in failing to understand what cancer truly is, we fail to approach it in the appropriate manner, and so the results frequently disappoint. In contrast, when we change our understanding of cancer to the greater truth of what it is, and choose an approach to align with this truth.....everything changes!

Some of the explanations and understandings you will learn here you will not find readily elsewhere, particularly in conventional explanations of how to approach cancer. However, the results that follow this understanding and approach to cancer, speak for themselves.

It works because it is the truth of cancer and it respects and aligns with the wisdom of nature and our bodies!

By the end of this book you will know more than most people today about the truth of cancer (and that includes doctors and oncologists) and it follows that you will know more than most about how to approach true healing from cancer. We have become so accustomed to expecting answers to come from latest cutting-edge technologies that we often fail to see the simple answers that already exist.

I have kept this book short and to the point so that you don't waste valuable time in finding those answers you seek for

yourself or for your loved ones. It is also without medical jargon or lengthy scientific explanations - neither are necessary to heal from cancer!

Please note that this book was not designed to offer an A-Z of all the steps an individual needs to address in healing. That aspect is covered in great detail in the ‘*7 Step Natural Cancer Program*’ and other life-changing Programs which are designed for anyone wishing to heal from cancer using a natural and non-toxic approach, as well as for all those determined to do everything possible to prevent cancer while attaining vibrant health.

This book has been written instead to share the truths of cancer and therein establish the crucial foundation necessary to attain true health. As you will learn, it is only with this important shift in the understanding of cancer and the mindset that accompanies it, that the power of any healing program is truly unleashed.

In summary; if you are ready to embrace a paradigm shift in your understanding of the truth of cancer and therefore how to respond to it, you will in doing so empower yourself to prevent cancer and heal from it.....and that includes all types and all stages of cancer.

Of that I am certain!

Please note that details of the '*7 Step Natural Cancer Program*' and other Programs can be accessed at the following website:
www.drjaney.com

Chapter 1:

The Fear of Cancer is killing us!

The simple uttering of the word ‘*Cancer*’ is enough to strike fear into the hearts of many a brave man and woman out there. In fact, it was only after having personally interviewed countless people from different countries, industries and walks-of-life that I was to become aware of the true extent of the fear and trepidation that exists for most people when it comes to contemplating the disease of cancer.

In short, I found that the fear of cancer in our western society is not only pervasive, but considerable and often paralyzing in its effect.

I used to fear cancer that way too.....that was before I understood cancer the way I do now, and before I was to witness the incredible success that is achieved with the treatment of cancer when you change your understanding.....and thus your approach to cancer.

Now, when I meet someone with cancer, one of the crucial first steps we work on is dissolving the fear of cancer.

This is fundamental to healing!

The rising statistics that are responsible for us seeing cancer everywhere today, coupled with the disappointing success rates

in treatment, have led to cancer being referred to as a ‘killer disease’ and the ‘modern plague’.

To make matters worse, cancer appears on the surface to be so random and indiscriminate. We see cancer in babies, and we see it in adults of all ages. We also see it in people of all colours. Both the rich and the poor get cancer. We see it in those that clearly live in an unhealthy manner, but perplexingly we also see it in those who appear to be living very healthily. No one seems to be spared and it is this apparent unpredictability of cancer that understandably heightens our fear of it.

However, as you will soon learn, ***nature is never random or chaotic, and neither is cancer. There is always a reason, and that is good news for us!***

Consider this all-too-common scenario for the average newly diagnosed cancer patient.....

You are sitting feeling somewhat helpless in your doctor’s consulting room, as he hands you the grim diagnosis ‘*you have cancer!*’ Your doctor, who is as afraid of this disease as you are – after all he has seen so many of his patients die from it – suggests that you waste no time at all in having the affected body part or organ cut out, and that you then begin on a course of grueling chemotherapy and/or radiation immediately thereafter. You may even be told that you have x months to live. You feel dizzy; your world quite literally turned upside down in a heartbeat!

The thought of having to undergo surgery within days, not to mention being subjected to the all-too-well-known side-effects of chemotherapy soon after, is a blow to even the most dauntless of individuals. And of course, for those who have become convinced of cancer's reputation of being a killer disease, it is inevitable that thoughts and fears of your life being cruelly cut short begin to emerge. In short, we become paralysed with fear!

Unfortunately however, fear when healing from cancer can be our greatest enemy.....

Firstly and quite crucially, fear should *never* be the dictating emotion from which we make important health decisions that could quite literally determine our future survival! While it is understandable to be in a state of shock when first diagnosed with cancer, we need to remind ourselves at this critical time that cancer has taken at the very least months, but usually years, or even decades to develop. We therefore do not need to, and should not, make a decision in that moment!

While it is often necessary to make bold and sweeping changes to facilitate our healing from cancer, it is important too that we resist the temptation to make hasty decisions that are made from a place of fear and which may not turn out to be the right ones for us.

While your doctor will probably be suggesting that you schedule soon for surgery and or chemotherapy, and he or she will be doing this almost certainly with your interests in mind, it is vital to remember that these are the options being offered based on a conventional understanding of cancer. ***It is not the only valid option available, and it may not be the best one for you!***

It is *your* body and *your* health at stake and you should not feel obliged to submit to the treatment options recommended, nor the often immense pressures placed on you to do so at the time of diagnosis.

Instead, ensure that any decisions made about your future cancer treatment are made wisely after you have considered your options and when you are in a place of strength, and not fear. Your decision could quite literally dictate your entire journey with cancer, not to mention your success, or not, in overcoming it!

Although the author endorses an approach that aligns with the wisdom of the body, and therefore one that promotes ‘true healing’, she equally respects anyone who chooses to follow the ‘Big 3’ option providing it is the approach that resonates best with them *after* they have done their homework and taken the time to understand the different approaches.

In addition to the vast impact that fear can have on determining the path of cancer treatment we choose to take, fear can also have an ongoing and not insignificant effect on our health in numerous other ways.

On a physiological level when we experience fear it causes release of the hormone cortisol from our adrenal glands. In the short-term this secretion of cortisol is beneficial, and potentially life-saving as part of the ‘fight-and-flight’ syndrome which is triggered when we are faced with a threatening experience such as facing a lion or an intruder.

In the case of cancer patients however, the fear experienced is not usually temporary, but instead it is frequently experienced every waking hour; often day after day, and week after week.

When cortisol is released on an ongoing basis such as this, it has a significantly detrimental effect on us because it suppresses our greatest ally in healing - our immune system!

Added to this, the body's own natural anti-cancer chemicals such as Interferon and Interleukin 2 are also suppressed by our fear. These natural 'drugs' produced by our bodies to protect us, are inhibited at precisely the time we need them most!

Many cancer patients understand the necessity of eating well as part of the plan in healing, however all the benefits of many of the best foods can be nullified by the constant fear that so often accompanies the knowledge of having cancer.

Have you ever experienced a dry mouth when you were nervous? This happens because the fear you were experiencing served to inhibit the secretion of your digestive juices that are normally released from your salivary glands.

The same happens with all the digestive juices from your stomach, intestinal tract and pancreas. This may be beneficial in an isolated situation of fight-and-flight (you don't want to be desperate for a burger while you're fighting a lion!), but it is *not* advantageous to the healing from cancer if your digestion, and therefore your nutrition, is diminished on an ongoing basis due to your fear.

And if the physiological disadvantages of fear were not enough, added to this is the crucial aspect of *psychosomatics* in the role of your health. Quite simply, what your mind is thinking cannot be separated from your physical body!

Therefore, when you believe that you have a killer disease, or when you are told that you have ‘6 months to live’ for example, the all-consuming fear and the expectation that these labels create, can set the stage for creating that reality!

It is easy to assume that it was simply the cancer that was responsible for the patient ultimately dying. However, repeatedly I witness how it is *not* the patient with the most advanced cancer that succumbs most swiftly, but the patient who gives in too readily to the ‘death sentence’ they assume on themselves. In fact, some of the most heart-warming cases I have seen in healing from cancer have had little to do with the aggressiveness or stage of cancer, but everything to do with a positive mind and a strong belief in their own healing ability!

The role that our mind plays in helping us heal (or not) is gaining ground in many areas of science and medicine. When the powerful and increasingly indisputable role that the mind plays in healing is actively incorporated into the healing program, we frequently see the body being able to overcome disease that defies explanations in conventional medicine! Unfortunately, the role of the mind is still rarely given the recognition it deserves in our modern approach to cancer.

In every-day life, people are becoming increasingly more aware that when we spend considerable time focusing on anything in life – whether good or bad - that the power of these focused

thoughts when we persist with them, can manifest as reality. The same is true of our thoughts in health and disease!

So quite simply, our persistent thoughts and fears of cancer and the perceived threat to our life can help to sow the seeds of our own demise!

It is a conundrum.....we are surrounded by evidence that cancer is something to be feared, and yet it is precisely this overwhelming fear that is contributing to cancer being a formidable disease! Just when you need your body on your side more than ever to help you in healing from cancer, it becomes incapacitated by your fear!

It follows therefore that ***one of the crucial aspects of overcoming cancer is learning how to dissolve the fear of it because crucially if the fear of cancer persists, the chance of a full and permanent healing is considerably diminished!***

So how do we dissolve the fear when it can seem so ever-present and overwhelming? How do we eliminate the fear of cancer when all of the evidence around us has taught us to fear it?

There is only one way.....and that is through gaining a basic understanding of cancer that will serve to empower you, rather than scare you. This new understanding will also serve to make you comprehend why cancer is in fact curable and crucially that it is within your control to do that! You can then follow that by taking full and appropriate actions in line with that new understanding.

The ‘understanding’ I refer to does not imply learning complicated scientific theories of medicine. Instead it refers to gaining a new ‘*perception*’ of what cancer truly is, why it develops, and hence how to respond to it. This is something we can all achieve.

In fact, you will learn that ***our perception of cancer is everything - it dictates our treatment approach, the experience of having cancer, and most crucially..... our success in overcoming it!***

This book will leave you with an understanding of the truth of cancer that will change your perception of it. This will serve to empower you (or your loved ones), in healing from cancer and in doing so, it will also serve to melt away your fear of cancer.

You only fear that which you do not understand and which you believe you have no control over.....neither is true for cancer!

"The work of the doctor will, in the future, be ever more that of an educator, and ever less that of a man who treats ailments."
Lord Horder MD

Chapter 2:

Taking the Mystery Out of Cancer

Have you ever received one of those viral emails that asks you to pray for a cure for cancer and then to send it on to 6 of your friends so that they can do the same? I have, and I never send it on; the reason being that it only serves to propagate the myth that we are waiting for a cure for cancer and that cancer is a mystery that still needs to be solved. Nothing could be more untrue!

Cancer is not a mystery and we are not waiting for a cure!

I have seen the evidence of this repeatedly with my own eyes.

Sadly however, the dangling of the proverbial carrot continues with respect to the elusive ‘cure for cancer’ that lies ‘just around the corner’. Unfortunately, it does us a great deal of harm because it leads many to assume that cancer is not curable now. This steals hope and belief from those who do have cancer now, and it often prevents them from seeking the answers that are already out there.

So let’s begin in stripping away the ‘mystery’ from cancer and start on our journey into understanding cancer in a way that will serve to empower us in healing from it.

Back in 1931 Dr Otto Warburg was awarded a Nobel Prize for his crucial discovery of the primary cause of cancer. He summed it up with the following;

"Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar."

"...nobody today can say that one does not know what cancer and its prime cause is. On the contrary, there is no disease whose prime cause is better known, so that today ignorance is no longer an excuse that one cannot do more about prevention."

Simply put, Dr Warburg was stating that the primary (or root cause) of cancer is a lack of oxygen at the cellular level. Over 80 years on this truth about the primary cause of cancer remains unchanged. In fact many esteemed doctors and scientists have since validated this fact.....

"Lack of oxygen clearly plays a major role in causing cells to become cancerous." Dr Harry Goldblatt, 1953

"Cancer does not cause cells to turn anaerobic, but rather **it is stabilized anaerobic respiration that is the single cause (or essential requirement) that turns the normal cells that depend on aerobic respiration into cancer cells.**" Dr. David Gregg

When we address this primary cause of a lack of oxygen as the great ‘healers’ I had worked with during my research and travels were doing, then ‘unexpected’ successes in healing from cancer are encountered. In contrast, when only the symptoms are addressed, the success rate achieved is dismal.

So let’s look further at how this lack of oxygen in the body gives rise to cancer.....

Oxygen is the most fundamental requirement for all living mammals. Every cell of our body requires it constantly to perform its various functions and to simply survive. You or I could not survive more than a few minutes without oxygen and the same of course is true for our cells.

One of the interesting points about cancer is that all of us, including the healthiest of individuals, always have some cancer cells. In fact every day, approximately 1% of the 50-70 billion cells that are expelled by our bodies in the perpetual process of replacing old cells with new, are in fact cancerous. These cancer cells are ‘recognized’ by the body and are simply expelled by our immune system. It is a normal and necessary part of our body’s intelligence in self-preservation, because in doing so it is constantly priming our immune system to recognize these cancerous cells.

Therefore having a small percentage of cancerous cells all the time is normal, and far from impinging on our health actually serves an important role in keeping our immune system ‘in tune’.

The problem arises however, when large numbers of cells become deprived of oxygen. As we have already alluded to, our cells cannot survive more than a few minutes without oxygen. Therefore, if large tissues or organ systems were to become deprived of oxygen, these tissues or organs could literally begin to die off within minutes. This would be catastrophic because we in turn would die very quickly!

To prevent this happening, the body in its infinite wisdom does something quite ingenious. Rather than dying, those cells threatened by a lack of oxygen suddenly change in a way that enables them to continue to survive in spite of the lack of oxygen!

They do this by changing their genetic make-up in a way that allows them to start producing energy in the absence of oxygen (ie anaerobically) by fermenting glucose to produce energy; instead of using oxygen (ie aerobically) to produce energy as they did before.

It is this very necessary changing of the cells' genetic blueprint to enable the cells to continue to survive in this lack of oxygen - thereby allowing you as a whole to survive - that we call cell mutation, or the formation of cancer cells!

Therefore, far from being a sinister turning against you by some rogue cells, the formation of cancer cells (which develop into tumours) is simply evidence of your body's wisdom in action, helping you to survive an oxygen deprivation.

Cancer is not a long term solution in helping the body to survive however, because it is a highly inefficient method of producing energy (ATP) that the cells are forced to resort to in this absence of oxygen. In fact the cancer cells require 18 times the number of glucose molecules to produce the same amount of energy without oxygen, than they would have required with oxygen before they were forced to make this change. (Incidentally this is precisely the reason why cancer cells are often referred to as being 'hungry' for sugar).

Cancer is therefore simply a temporary solution enabling you to survive in the short term, while you (hopefully) address the cause that led to the lack of oxygen.

The cancer tumour therefore is a means of survival and a warning that there is a lack of oxygen that needs to be addressed! The lack of oxygen therefore is the real dis-ease, while the tumour is the warning - otherwise referred to as a symptom!

It is a crucial 'twist' in the understanding of cancer!

As in any illness and cancer is no exception, if we are to achieve a complete and permanent healing we must address the cause rather than focusing on the symptom. Therefore in cancer, it follows that we must correct the lack of oxygen!

When we do this; when we learn how to make the specific changes in our life which will bring about a return of oxygen to our cells, then the tumours in the body will simply have no further reason for being there. They begin to disintegrate and will be removed from our body by our immune system.

Most importantly, understanding cancer this way changes the way we need to respond to it.

Instead of attacking the tumour, we need to address the lack of oxygen that caused the tumour – a comparatively easy thing to do! Conversely, if we only focus on the symptom (tumour), the root cause of the cancer will remain unaddressed, and the cancer is very likely to return (relapse).

In contrast, in the conventional approach to cancer, the cancerous cells are assumed to ‘turn against the body’ much as they would in an auto-immune disease. It believes that the cancer cells start to replicate uncontrollably, often for no apparent reason, and begin overtaking the normal cells before spreading into other sites of the body where they do the same. This perception of cancer likens the cancerous tumour to an ‘inner monster’ and only heightens our fear of it.

However, to explain away cancer in this fashion is to simply demonstrate ignorance of nature’s wisdom. Nature has ‘designed’ us in a way that is constantly working towards our survival. Consider for a moment the intricate and ingenious workings of our body constantly regulating our heart rate, blood pressure, body temperature, pH, fluid levels etc and making moment-to-moment adjustments to meet the constantly changing requirements of our changing circumstances in order to ensure our survival.

In short, we are hard-wired to survive and our bodies will do anything to survive! Cancer is no exception. Quite simply, your body would never turn on itself!

Even when the tumour or tumours continue to grow, aided by new blood vessels and thus an increased blood supply, it is always with the intention to help us to survive by meeting the growing demands caused by the continued absence of oxygen. And when new tumours develop in other organs in the body, again it is not ‘rebellious cells’ turning against our body in new places, but rather a sign of an expanding need to meet the lack of oxygen in new parts of the body.

As ‘modern creatures’ living in a very modern world, we have for the most part become very disconnected from nature and nature’s laws which govern us. In doing so, we have tended to look for sophisticated answers that we are certain must lie in new-age technology. However, nature reveals the answers to us very simply when we look for them, and cancer as we learn is simply nature operating with immense wisdom on our behalf!

We shouldn’t be surprised to learn that the tumour is an example of our body acting to restore homeostasis as there are an almost infinite number of other examples of our body constantly at work to achieve this.

Simply consider if one were to sustain a laceration that caused blood loss. Immediately, our body would respond with an increased heart rate and blood pressure to ameliorate the loss of blood and hence reduced blood supply to the cells. If blood loss continued, the blood pressure would drop while capillaries to our peripheral tissues would constrict to divert blood to vital organs instead. It would also set in motion the complex clotting cascade to facilitate the creating of a plug to heal the damaged blood vessel wall.

Or consider the situation where we are exposed to an environment of extreme cold. Our body would set in motion a number of compensatory mechanisms to conserve heat. To name but a few; our superficial blood vessels would constrict to avoid excessive heat loss, the hairs on our body would stand erect to trap a bed of warm air against our skin and our heart rate and metabolic rate would increase to generate heat.

Cancer is not so very different; it is also a physiological mechanism designed by the body. However in this instance it is designed to overcome a chronic, degenerative process which has resulted in a life-threatening scenario; that being a lack of oxygen.

So, just as there is profound purpose in all of nature, so it is with cancer too. Cancer is simply a final and infinitely wise mechanism that the body is forced to resort to in order to deal with a crisis that threatens the body's survival.

The next important point to take away is that the lack of oxygen, and therefore the formation of cancerous tumours, will only arise in a particular *cellular terrain*.

When the terrain in our body is optimal; the organs of the immune system are in good functional order, there is good blood perfusion and lymphatic drainage of tissues, and a pH of 7.3-7.4 exists, then oxygen delivery at the cellular level will be at its best. In contrast, if the inner environment of our body has become congested from a build-up of toxic and acidic waste products in and around the cells, then oxygen and nutrient delivery will be hampered.

This congestion arises from an excessive load on the body's mechanisms of processing and elimination due to ongoing exposure to numerous dietary, environmental and emotional 'toxins' from our modern world and ways of living. These 'overwhelm' the body's immune system resulting in a progressive build-up of harmful waste that causes congestion and a drop in the body's pH levels, which impedes oxygen transport and delivery.

While the body is extremely well-equipped to handle the huge demands placed on it, and often for considerable lengths of time, eventually this overload cannot be contained any longer and the resulting congestion of the toxic and acid waste serves to suffocate the cells from oxygen and nutrients.

In fact it is because of our body's ingenious coping mechanisms that we seldom associate a particular habit with a propensity for developing cancer. The cause and effect are so often far-removed that we fail to recognize the long term consequences of our actions.

While many of us are aware of some of the well-documented carcinogens such as asbestos, DDT etc, we are far less familiar with the fact that many of our daily habits are inadvertently contributing to a gradual build up of toxins that in time can have a significant detrimental effect on our cellular terrain.

An effective program in cancer healing must therefore address this unhealthy terrain, and all the factors that contribute to it at the various stages through the body, in order to enhance cellular oxygenation.

In summary; cancer is not random and it is never indiscriminate! In fact the growth of cancer cells can be predicted with pinpoint accuracy at the cellular level; either the terrain is ripe for cancer or it is not.

And this of course is great news for us because you and I have control over our terrain. All we have to do is to become aware of the specific changes we need to make in the way we live, in our dietary choices and the emotional patterns we run and how these affect our terrain and therefore our cellular oxygenation. These are things we can easily learn and apply immediately.

Put differently, you and I have ultimate control over whether we create cancer cells, or whether we heal ourselves from cancer!

(The details of how to improve your own inner cellular terrain and therefore the oxygen and nutrient supply to your cells through practical everyday methods is covered in great detail in the powerful ‘7 Step Natural Cancer Program’ and other Programs, details of which are available at: www.drjaney.com)

Chapter 3:

It's not about the Tumour!

Many conventional doctors have been lost for words when their patient, sent home after modern medicine has run out of options, has returned to be x-rayed months later to produce x-rays that are clear of tumours. When it emerges that they followed certain natural treatment methods it has too often been dismissed as an 'unexplained miracle' because it does not fit modern medicine's understanding of cancer.

However, *it is not easily explained by conventional medicine's model of cancer because its model, or understanding of cancer, is all about the tumour!*

In fact in our orthodox approach to cancer **we are obsessed with the tumour!** We do everything we can to eliminate it; we attempt to cut it out using surgery, we attempt to destroy it with chemotherapy chemicals, and then we blast it with radiation.

However as we have just learned, *the tumour is only the symptom and symptom-based approaches cannot provide a permanent solution!*

We see further evidence of this symptom-based focus in the way the FDA defines an effective chemotherapy drug; that being one that will shrink a tumour by 50% or more over 28 days.

What you may not be told however, as you commit to a course of chemotherapy is that ***there is no scientific evidence to prove that shrinking a tumour is linked to extending life or attaining a permanent cure!***

When you remind yourself that the tumour is only a symptom, it becomes clear why this is so!

Added to this, when we attempt to decimate the cancer tumour with chemotherapy, a frequent consequence is that of the cancer cells ‘returning’ as chemo-resistant and more ‘aggressive’ than before. Again, this is simply nature’s determined attempt to survive by designing new ingenious ways to meet the ongoing and worsening oxygen deprivation.

In stark contrast, the shrinking of the tumour will happen naturally when you correct the underlying cause, but should never be our primary focus!

It is the reason why so frequently, in spite of receiving the reassurance from our oncologist or surgeon that, “we got it all!” the tumour is back x number of months or years later. The reason of course being that we never dealt with the root cause.....the lack of oxygen!

“The problem with many (not all) doctors and oncologists in today’s society is that they have been trained to be ‘tumor orientated’ ... For example, when a patient is found to have a tumor, the only thing the doctor discusses with that patient is what he intends to do about the tumor....no one ever asks how the patient is doing.

In my medical training, I remember well seeing patients who were getting radiation and/or chemotherapy. The tumor would get smaller and smaller, but the patient would be getting sicker and sicker. At autopsy we would hear, 'Isn't that marvelous! The tumor is gone!' Yes, it was, but so was the patient.
Dr Philip Binzel, author of 'Alive and Well'

Most people are naturally afraid that it is the tumour that will kill them and this raises their anxiety in monitoring the size of the tumour. The truth however, is that this is virtually never the case! There is nothing in the cancer cells that have the ability to kill you! They are actually weak shadows of their former selves forced to survive in a hostile and oxygen-deprived environment while having to produce energy in a very unnatural manner.

It is true that the tumour can grow in size and end up blocking a vital duct or blood vessel; however this is not the usual cause of death from cancer. Far more commonly, it is the toxic terrain that originally led to the lack of oxygen and lack of nutrients to the cells which left unaddressed, causes the continued suffocation and famine of the cells and it is this that causes the eventual death of the body as a whole!

It is not the cancer that kills us; it is the lack of oxygen!

I find it enormously revealing that when you speak to thousands of cancer patients, virtually without exception there has never been any discussion about eliminating the cause of their tumour; whether it be the primary cause of the lack of oxygen, or the numerous secondary causes of lifestyle which have in turn led to

the lack of oxygen, and thus cancer. Instead, all discussions are focused simply on eliminating the tumour!

It demonstrates again, proof of our symptom-based approach to cancer; attacking the symptom while ignoring the cause. It cannot work, and the statistics confirm quite conclusively that it doesn't!

By focusing all our efforts on the tumour (symptom) we simply cannot expect a full and permanent resolution to our treatment. In fact, we must anticipate a recurrence (relapse) when we fail to address the cause!

In contrast, when we do address the cause (the lack of oxygenation of the cells), then the symptoms (tumours) must naturally subside in turn as any symptom will do when it has no further reason for being there.

I have seen tumours the size of oranges disintegrate and disappear within days when the root cause is addressed. When you see this the first time it is common to be over-awed by the 'miracle' of it.

However, it is simply nature operating in accordance with the Law of Cause and Effect; remove the cause and the effect (symptom) must disappear!

In summary; when we focus on the tumour in cancer treatment, we are focusing on the symptom and we are quite simply missing the point!

It is a gigantic flaw in our conventional approach to cancer treatment and until we change our approach, cancer will continue to present as a formidable disease that kills millions!

Chapter 4:

Our ‘Inner Doctor’

“It’s supposed to be a secret, but I’ll tell you anyway. We doctors do nothing. We only help and encourage the doctor within.” Albert Schweitzer MD

“Everyone has a doctor in him or her; we just have to help it in its work. The natural healing force within each of us is the greatest force in getting well.” Hippocrates (460-377BC)

This great truth about the power of our ‘inner doctor’ has been referred to repeatedly by some of our greatest medical forefathers. Unfortunately for the most part, we have lost sight of this in modern times and it is one of our greatest undoings.

If you have ever been to a doctor and come away ‘healed’, it would be easy to deduce that he or she has healed you. But that is not the case. No doctor, health practitioner or ‘healer’ of any type can heal you; only you can heal yourself! They might well provide the tools and the belief to assist you in that healing, but ***always, it is you and your ‘inner doctor’ (or immune system) that heals you.***

In fact, it is only when we remind ourselves of this, and assume this role as the main player of our own health that we begin to harness our own infinite power in healing.

While doctors and healers all have an indispensable role to play in society, the problem arises as in our modern society when we become so accustomed to going to someone else for answers, that in doing so we give away our powers and lose sight of our own irrevocable role in the healing process.

Unfortunately, what usually follows from the habit of repeatedly looking to someone else to provide answers for us is that we end up becoming reliant on others, while losing sight of our own power in maintaining or regaining our health.

Worse still, as is so often the case, we can end up believing that we are not accountable for our own role in our health and that the choices we make every day in living don't make a difference to our health or lack of it.

Instead, we assume that 'someone else' or 'something else' (eg pharmaceutical drugs) will take care of us when things go wrong. I am sure we can all think of people who continue to make poor dietary choices and poor lifestyle choices while thinking nothing of going to their doctor for a regular 'quick fix' when there are problems.

Because it is our 'inner doctor' that is responsible for maintaining our health every minute of every day, we can assume that if we get cancer (or any other illness), it is only because our 'inner doctor' has become overwhelmed and overburdened in its perpetual role of overseeing our health. We know that because if our 'inner doctor' were healthy, it quite simply would have prevented it!

When we learn what it is that we have been doing in our environment and in our lifestyle that has contributed to our ‘inner doctor’ being overloaded, we can learn how to reverse this process and relieve our immune system of its excessive load.

In fact when we support our ‘inner doctor’ in the healing process instead of suppressing it, we find that it ‘gladly’ responds to our actions.....after all it is hard-wired to help us to survive!

It follows therefore, that to heal from cancer we must do everything conceivable to promote our ‘inner doctor’ (our immune system), while avoiding anything (including any treatments) that will add to its burden or suppress its functions.

The great news is that you can re-awaken and re-energize this sleeping giant at any stage if you are prepared to learn, and act on the changes you will need to make to do this.

I frequently speak to patients who understand the need to boost their immune system, and often take several ‘immune boosters’ in an attempt to do so. Unfortunately, their immune system is usually so overburdened that their body is simply not able to fully utilize it, and so the product that promises so much is often simply passed through and eliminated by the body without the patient reaping much benefit.

Therefore in practice, to achieve a full re-awakening of our ‘inner doctor’ in a manner that will facilitate healing from cancer requires that we begin by rebuilding it ‘from the ground

up' by creating a strong and healthy foundation in the various organs that comprise our immune system. This in turn will set in motion the start of true healing as only our 'inner doctor' can do. This is a key part to healing completely and permanently from cancer!

In summary; your 'inner doctor' is ultimately what will heal you..... or not! To enable it we must relieve it of the burden which overwhelmed it initially and therefore contributed to dis-ease, while learning how to support it and re-energize it. We must also avoid anything which will suppress its function.

The next chapter will give you some examples of your 'inner doctor' constantly at work on your behalf. It will also demonstrate how we frequently, although often inadvertently, work against our 'inner doctor' and thereby make ourselves vulnerable to cancer.

Conversely, we will also gain an awareness of how we can prevent and overcome cancer when we begin to support our 'inner doctor' instead.

Chapter 5:

Getting over the ‘Quick-Fix’ Mentality!

We live in a fast-moving and rapidly-changing society so it's no surprise that our culture has evolved into one that demands convenience and all things that give quick results. Words such as instant, high-speed, fast, easy.....are all well-coined marketing phrases that sell in our modern world.

Getting quick results for a minimum exchange of effort has been a trend of recent times and sadly, it is this ‘quick-fix’ mentality that has been part of our undoing in recent decades when we look at the sad state of the health of western nations.

We have become so accustomed to quick food; that being fast-food, ready-prepared, pre-packed, tinned, frozen, instant, microwaveablethe list goes on. The problem is that this ‘convenient’ way of eating our food comes with a price tag.....that being our health.

Quick-food means refined and often devoid of fibre; it means chemical preservatives and hormones and it frequently equates to high temperatures and low nutrients.

In short, quick-food equals poor health!

Did you know that if you were to leave a burger patty (the ‘meat’ section of the burger) from a certain well-known burger chain outside your home, it would still be there unchanged and

uneaten after a year! Quite simply, there is no real food content in it for it to spoil. And no self-respecting animal or insect would want to run off with it either!

The competitive food-production market is also guilty of being seduced by this quick-fix culture. Think no further than GM crops or consider the pervasive use of growth promoters and antibiotics added to the food of life-stock to ensure that they grow faster and bigger than ever before.

I have seen bulls at cattle shows that are marveled at by some for their incredulous size, while the farmers who bred them are patted on the back for their achievements. What they fail to mention is that these poor beasts will live shorter, often pain-riddled lives, as their hearts too small for their unnatural size give out prematurely, or their arthritic joints are unable to carry their obscene load.

Or consider the influence on our various bird and insect species being driven to extinction in many parts of the world by consuming the chemical herbicides and pesticides used to protect and promote rapid growth of plant crops.

In fact the numerous ways in which nature is constantly being impacted in our deliberate quest for bigger, faster and better is considerable and omnipresent! Unfortunately this universal trend is not only hurting nature and our planet, but it is hurting our health as the end-consumer when we ingest hormones, antibiotics and chemicals that were never intended for the human body!

Quite simply, when we deviate from what nature intended by manipulating to our advantage, there are always consequences!

This ‘quick-fix’ culture is not confined to the food industry either. Look no further than a thriving online industry that promises young entrepreneurs and wannabe home businesses ‘overnight success’, ‘instant millionaire status’, ‘big profits-for-no-effort’ etc.

Or how about the endless advertising campaigns that promise the consumer a perfect body in no time at all and with very little effort. These industries thrive because they tap into a culture that has come to expect big results in exchange for minimal effort.

In contrast, sustained daily efforts that go hand-in-hand with dedication and sacrifices have fallen out of fashion in this same ‘quick-fix’ world we have evolved into.

So, what does this all have to do with cancer?

Well, not only do our ‘quick-fix’ foods that are refined, chemically-altered and processed serve to contribute directly to cancer, but this same quick-fix attitude also sees us running to our doctor or pharmacist to ensure that we get quick results with our ailments too.

Many of us these days can boast of a cupboard full of pills and potions in our bathroom or kitchen at home. Some of us even

carry pills with us everywhere lest we should experience a headache or other discomfort. In fact resorting to pills for a quick-fix is so common-place that we seldom even stop to question the wisdom of it.

The problem is that this ‘quick-fix’ is killing us!

You see, when it comes to our health, ***the only way we can get quick results is by suppressing our symptoms*** and as you will learn, this habit can have longer term, grave consequences!

Let’s look at some examples of how we do this.....

Nausea and Vomiting: Let’s assume we have ingested some food that is unknowingly to us, contaminated with something that is infectious or toxic. Very soon our ‘inner doctor’, in its attempt to eliminate these potentially harmful microbes or toxins, will set in motion a chain of events that triggers the chemo-emetic trigger zone (CTZ) in the brain to provoke vomiting. By doing this the offending substance is quickly expelled and the body is saved from potential harm allowing it to return to ‘normal proceedings’ or homeostasis.

Now, there are many other causes for vomiting, not least if one of the main organs of the immune system such as the liver, kidneys or intestinal tract begin to fail, resulting in a buildup of toxins in the body.

In our quick-fix world, it would not be unusual for us to go to our doctor or pharmacist to put a quick end to these unpleasant symptoms. The problem is that while the anti-nausea tablets, as

so frequently prescribed, might give us exactly what we want in the short term and we walk away feeling that the problem is fixed, the truth is that we have not only ignored the root cause, but we have also suppressed the body's own wisdom in its attempt to heal itself.

Far from making the problem disappear, we have only masked a symptom! We have forced it 'underground' but it *will* return because the toxins that were not eliminated through vomiting will continue to build because we failed to address the cause of the nausea and vomiting.

If the cause is not corrected thereafter, or worse still, added to by living in a manner that continues to promote a build-up of toxins, then the body will attempt to expel the rising level of toxins through other means (using other organs of elimination) thus presenting with different symptoms.

If the body's attempts continue to be suppressed however, then the inner terrain of the body will continue to deteriorate, and in time it may present with symptoms representing a 'dis-ease' known to threaten the survival of the body, such as cancer.

Now, let's look at another symptom, or put differently let's look at another mechanism that our 'inner doctor' resorts to in order to re-establish good health and homeostasis in the body.

Let's look at **diarrhoea**. Again, the body in its wisdom sets out to facilitate a fast elimination of an unwelcome and potentially dangerous infectious agent or toxin in the intestinal tract. While diarrhoea may be uncomfortable and unpleasant, it is necessary

for the longer term health of the body to accelerate the passage of intestinal contents so that the harmful agent is rapidly expelled before it can be absorbed and do harm.

However again, as seen from a ‘quick-fix’ mindset, diarrhoea is considered an inconvenience; getting in the way of a busy schedule. So again, we go to our friendly doctor or pharmacist (or these days even the supermarket), but this time we get an Imodium (or something similar) that will stop the diarrhoea. It does the job, and so we carry on living the same way in blissful ignorance of the fact that our actions may be seriously impeding our long term health if the toxins are left to build.

Again we have failed to respect the workings of our ‘inner doctor’ on our behalf. Not only have our actions worked to suppress this ‘inner doctor’, but in achieving our quick-fix we have not stopped to consider how our way of living may have contributed to diarrhoea in the first place. It follows therefore, that we also fail to correct the underlying cause such as making the necessary changes to our lifestyle or eating habits.

Let’s look at a third example of a symptom or healing method adopted by the body; **eczema**. The skin is the largest organ of the body with many functions; not least that of protection of the inner tissues and control of fluid balance and temperature.

However it is also a crucial organ of elimination, expelling built-up toxins when the body’s levels of toxins rise. This is essentially what eczema is - an attempt by the body to cleanse itself!

What do we often do? We rub cortisone creams onto it and take cortisone pills to give us our ‘quick-fix’ effect. The redness and the pruritis (itchiness) go away - at least for a while. But have we sorted the problem? The answer is of course, no! The toxins which the body was trying to expel remain trapped in the body because we have suppressed its attempt to expel them. They therefore continue to build.

Therefore, the symptoms of eczema will worsen in time as the toxin levels are allowed to rise. In addition, we may present with different and seemingly unconnected symptoms as the body attempts other pathways of elimination to off-load toxins.

And then we also need to remind ourselves that suppressing these symptoms is only one aspect in which we inadvertently impair our health. In addition to this there is the importance of the other unintended effects (otherwise known as side-effects) that these pharmaceutical ‘quick-fixes’ may cause. Often these alone can contribute to numerous un-planned negative consequences to our health.

The above three examples of symptoms mentioned are for the purposes of illustrating how the wisdom of the body operates constantly on our behalf to restore a healthy inner terrain. There are however dozens of different symptoms that the body can present with depending upon the various different challenges to its health and normal functioning.

Whether the symptom is a headache, a fever, a cough, sinusitis, pain of a joint or organ, or any other of the infinite ways that the

body can respond to an injury, infection or toxin, the same principles apply.....

Symptoms are a sign of what our body is doing right, not wrong!

Unfortunately, we have become so accustomed to perceive our symptoms as a hindrance, or as something that the body is doing wrong that we then respond in turn by resorting to an injection, pill or lotion that will make the symptoms go away quickly, while all too frequently ignoring what caused the body to respond that way.

This of course is short-sighted because by suppressing the body's natural attempts to heal itself, we impede our health in the longer term!

Note: there are exceptions where we may need to resort to pharmaceuticals to support the body in the short term during a crisis, but importantly this should always be done while supporting the 'inner doctor' and while investigating and correcting the underlying cause at the same time.

Let's look at the example of high blood pressure. Millions of people every year are diagnosed with high blood pressure following which they are placed on antihypertensive drugs on a daily basis, and very often for life.

In doing this we are failing to recognize that high blood pressure is a crucial response (symptom) of the body to a changing cellular terrain (in this case that of the blood and blood vessel walls) and that by simply attempting to suppress this symptom

with drugs, we are ignoring the real cause – our diet and lifestyle that led to a poor cellular terrain.

Instead of resorting to a life-time of antihypertensive drugs (which have their own side-effects), wouldn't it make more sense to correct the cause (the life-style habits) and in so doing correct the terrain and bring about a true and permanent solution to the high blood pressure?

When we adopt this cause-based approach, the antihypertensive drugs would at most be necessary for a short period (if blood pressure levels were dangerous) while the real problem was being addressed.

In summary, symptoms are a sign of our 'inner doctor' at work. We should feel encouraged by this and support it in its attempt to heal itself, rather than suppressing it.

Only then do we make real strides forward in our health by correcting the cause; which in turn will correct our inner cellular terrain, and in turn set us up for long term health and a 'resistance' to recurring symptoms of various types.

Symptoms which would appear on the surface to be completely unrelated to cancer, are in fact indicators of an unhealthy terrain in the body which your 'inner doctor' is trying to correct. This very same unhealthy terrain, when ignored and suppressed by quick-fixes can ultimately deteriorate further into an oxygen-deprived terrain that is 'ripe' for cancer to develop.

Put differently, the symptom of a cold, fever, headache, eczema..... or a cancerous tumour all point toward an inner terrain that is unhealthy.

Whatever the symptom, always remember that your body is working to help you, rather than to harm you! When you suppress symptoms or mask them with pills or lotions that give you short-term answers while ignoring the underlying root cause, you suppress an infinitely great wisdom within you while setting the stage for illnesses of greater consequence down the line, such as cancer!

To begin on a journey of insuring ourselves against cancer in the future, we need to take note of the message that our body sends us in the form of the ‘lesser symptoms’. When we act on them by supporting our ‘inner doctor’ while correcting the underlying cause rather than resorting to a quick-fix, the symptoms disappear while we go a long way to providing an ‘insurance against cancer’ that no one else can give us.

In summary; our ‘quick-fix’ mentality has been contributing to our escalating cancer crisis! If we are to turn this around both as individuals and collectively, we need to begin responding by;

- a) Resisting the temptation to reach for the ‘quick-fix’***
- b) Reminding ourselves of our own irrevocable role in our health and therefore making healthy living a daily habit (rather than resorting to quick-fixes)***

- c) *Learn where necessary from those who can help us to take the steps that will create a healthy inner terrain that will in turn promote good oxygenation of our cells*
- d) *When symptoms do occur, take note of the lesson our body is sending us by addressing the cause while supporting our 'inner doctor' in healing us.*

Chapter 6:

The Role of Microbes in Cancer

As we move onwards in our journey of understanding the truth of cancer and therefore how to respond to it most appropriately for complete and permanent healing, we need to address the important aspect of microbes and how they impact on our general health and on cancer.

What is seldom realized is that we have more microbes in our body than we do cells; and we have a lot of cells - in the region of 60 trillion plus cells! So it is fair to say that we have an enormous number of microbes living in our body..... and they're meant to be there!

They're performing a vital role in our health and they are part of a critical, though frequently overlooked phenomenon that influences our health. If we are to be in control of our health and in charge of our healing from cancer, it is crucial that we learn about microbes as part of our cellular terrain and the role they play in cancer.

Let's look briefly at some history to understand this more.....

In the 1850's the seed of modern medicine's approach was sown when Louis Pasteur proposed the '***Germ theory***'. Pasteur's hypothesis stated that disease was caused by microbes which entered the body from the outside. He postulated that these

microbes were monomorphic (of one shape or form) and that each disease could be attributed to a unique microbe (bacteria/virus/fungus etc). It followed therefore, that in order to treat the disease, one had to kill the specific invading microbe.

However, less well known is the fact that during this same period of history there were also two other French scientists named Antoine Bechamp and Claude Bernard who shared an opposing theory to that of Pasteur's. Their hypothesis was coined the '*cellular theory*'.

This theory proposed that tiny microbes which they referred to as 'microzyma' lived normally in the body, but that they could transform into different forms - thus making them pleomorphic (of more than one shape or form).

They demonstrated that these microzyma would transform based on the body's requirements at any one time and proposed that the inner terrain of the body (milieu interieur) was the crucial governing factor as to whether, or how, these microzyma would transform.

When the cellular terrain of the body was healthy and in-balance, then these microzyma would simply assist in the day-to-day clean up of cellular debris and metabolic waste products.

However, if the terrain were to deteriorate into one that was congested with excessive toxic and acidic waste products that began to suffocate the cells and thus threaten their crucial ongoing oxygenation and nutrition, then they could transform into the appropriate form of microbe (virus, bacteria or fungus) that would facilitate in the clean-up of the cellular terrain and in

so doing, reduce the waste to a form that could more easily be processed and eliminated by the body's immune system.

Fungi for example, are a form of microbe found only in the most deadened of tissues in the body where they are required to reduce the oxygen-deprived tissue.

While the 'cellular theory' accepts that microbes do also enter the body from the outside, these external microbes remain far outnumbered by the microzoma within the body and will only enter and cause disease in the body when the cellular terrain is unhealthy.

A virus for example, is not able to enter the nucleus of a cell which is well oxygenated because the presence of oxygen would destroy it. In fact, if a microbe enters the body but is not required by the cells of the body to improve the terrain, then it is quickly eliminated by the immune system.

"Germs do not cause disease! Nature never surrounded her children with enemies. It is the individual himself who makes disease possible in his own body because of poor living habits.....do mosquitoes make the water stagnant; or does stagnant water attract mosquitoes?"

We should all be taught that germs are friends and scavengers attracted by disease, rather than enemies causing disease. As their internal environment is, so will be the attraction for any specific micro-organism....The germ theory and vaccination are kept going by commercialism." Dr Robert R Gross

Some years later in the 1920's, the 'cellular theory' would be further validated by the brilliant scientist, Dr Gunther Enderlein. He referred to the microzyma as 'protits', describing them as indestructible colloids of life that continued to survive even after the death of the person or animal and showed how they could be readily demonstrated under any microscope.

If you were to have your blood tested by live blood analysis - a process widely available these days - you could see your own 'microzyma' or 'protits' busily moving around in your own blood.

Pasteur himself would go on to admit to the flaws of his 'germ theory' and near the time of his death would be quoted as saying, "*Bernard was correct.....terrain is everything*".

However, it was too little, too late. Pasteur had been a man with considerable influence and by the time of his death had already successfully convinced the vast majority of the medical fraternity of his 'germ theory' in spite of the fact that he had never been educated in science.

This 'germ theory' nonetheless would go on to dictate the way in which conventional medicine would evolve to the current time at the virtual total exclusion of the critical role of the terrain.

Adopting the 'cellular theory' of course requires a paradigm shift for those of us who have grown up with the almost universally accepted 'germ theory', and particularly for those who have studied conventional medicine. Not only does it

challenge the essence of what most of us have come to believe to be true, but it requires that we transform the way in which we respond to disease - both in prevention and in treatment.

The 'germ theory' proposes that microbes such as viruses and bacteria are the enemy that threatens us from the outside and therefore the corresponding approach to them is to fight them off with antibiotics, anti-virals, vaccines etc. It also implies that regardless of the extent of how healthily we may choose to live, we are nonetheless always vulnerable to attack by microbes from the outside.

The 'germ theory' unfortunately therefore has the effect of leaving us feeling vulnerable to infections from our environment and from others, and not in control of our own health.

The thought that microbes can enter our body at any stage and cause a host of different illnesses is unsettling and leaves us feeling as though we are simply hapless victims of these microbes. It follows therefore that we can begin to believe that we exert little influence on our health. This of course is far from true!

The 'cellular theory' on the other hand reminds us that microbes are only attracted to a diseased terrain. Because we can control the terrain of our bodies, it follows that we also control our health and our vulnerability to microbes.

Therefore when we take good care of ourselves by living a healthy lifestyle, eating well and being in charge of our emotional health, the terrain of our bodies will be such that it will not invite microbes.

Knowing this has the effect of leaving us feeling empowered. It reinforces the fact that far from being helpless victims, our daily life-style choices make a real difference to our terrain and therefore our health.

The ‘cellular theory’ in essence demonstrates nature’s wisdom and reminds us that there is always purpose behind every planetary being.....even microbes!

We see evidence of the role that microbes play everywhere in nature. For example, when an animal or any creature of nature is in good health we note how it can withstand microbial invasion and disease. However, the moment that the animal or creature dies, microbes and parasites are attracted to degrade and remove the rotting flesh. It is a necessary part of nature!

“Infection is no war in which the body is fighting invaders. The bacteria that come to these sites are symbiotic and help the body in elaborating dead cells- they are partners in the clean-up process. When this has been achieved, the bacteria disappear and the wound heals. Infection....is a body cleaning process for a body burdened with toxic materials.” T.C Fry

Now it is true that these microbes when proliferating excessively produce their own toxic waste products and gases which can contribute to illness. However, it remains a truth that the microbes are *not* the root cause of the problem - the unhealthy terrain is! They would simply not be there if the terrain had not attracted them to facilitate in the clearing away of toxic and acidic material.

Therefore our focus must be on the root cause (the terrain), and not simply on attacking the microbes whether we wish to prevent disease or treat it. If we fail to do so, we are failing to address the cause!

It is an irony that so many people today are so obsessed about keeping microbes away that they rely so heavily on regular use of chemicals to keep their homes, work environment, hands etc 'safe from bugs'. The truth is that their immune system is very well designed to deal with 'bugs' but not very well evolved to deal with the chemical onslaught of the numerous cleaning agents they resort to. In fact, it is this ongoing cocktail of chemicals that contributes to a toxic inner terrain and therefore cancer!

Instead, when we focus our energy on creating a healthy terrain in every-day life to prevent disease, we find that we not only become 'immune' to microbes from the outside, but we also protect ourselves from the microzyma changing to more pathogenic forms within us.

If on the other hand we already have an infectious disease and we focus on correcting the terrain, we would find that the work of the microbes as 'clean-up crew' would soon be taken care of. They would have no further reason for being there, and would be promptly eliminated by our immune system.

As for the relevance to cancer, we have learned that normal cells will only transform into cancerous cells where there is a cellular terrain that has been starved of oxygen due to a suffocation caused by a congestion of toxic waste products.

Therefore by acting in concert with our immune system to degrade the build-up of toxic and acidic waste products in and around the cells to a form that is more easily removed by our immune system, these microbes are working to improve the oxygenation to our cells and therefore *to protect us from cancer!*

It is for this reason that microbes are always evident in cancerous tumours when examined microscopically. Unfortunately, all too frequently false assumptions have been made; that being that the microbes caused the cancer. However, this is *not* the truth of cancer!

Microbes are only present in tumours because of the role they play in assisting your body to improve the terrain and thereby assisting in the disintegration and elimination of the tumour.

The ‘germ theory’ of course has been responsible for giving rise to Big Pharma and Big Medicine - multi-billion dollar industries who would be disinclined to entertain the significance of the ‘cellular terrain’ in health. You see the ‘germ theory’ has given rise to antibiotics and vaccinations - both of which are big business!

While at first glance these would seem to be scientific breakthroughs to most, in the long term they have helped contribute to the escalating health issues of western nations by failing to emphasize the importance we as individuals play in creating our own healthy inner terrain to avoid disease. Quite simply, they become unnecessary for the most part, when we create a healthy inner environment in our bodies.

The ‘germ theory’ also promotes reliance on Big Pharma and Big Medicine by the public at large for their every- day answers to health, while simultaneously failing to encourage empowerment of the individual’s own crucial role in health.

In stark contrast, the ‘cellular theory’ puts us back in the driver’s seat when it comes to our health. It teaches us accountability for our lifestyle choices and reminds us that we exercise immediate and ultimate control over our health. In doing this it also frees us from reliance on other industries and the need for quick-fix pharmaceuticals.

In summary, the microbes and our immune system work together constantly to promote a healthy inner terrain and therefore protect us from disease, including cancer. It is a symbiosis; an ingenious co-functioning of our ‘inner doctor’ and nature’s microbes that is beyond anything that modern medicine is able to copy!

Chapter 7:

Spontaneous Healing From Cancer

Let me ask you this.....would you fear cancer as much if you knew that you had almost certainly had it before - probably many times - and yet your immune system (inner doctor) had effectively taken care of it and eliminated the tumour or tumours? Probably not!

Well consider this....

95% of cancer tumours spontaneously resolve without us ever knowing we had cancer!

This fact makes it a sad irony when you consider how many people live in fear of cancer and when you comprehend just how detrimental this fear of cancer is to our healing from it.

If you have read this book page-for-page thus far, and have taken on board what for many are new concepts when considering cancer, then you already have a significantly greater understanding of the truth of cancer than most.

This chapter continues with the ‘story’ of how nature presides over how cancer (and other diseases) develop and how in turn it facilitates its spontaneous regression.

Conventional medicine has evolved to the point where we have ‘boxed’ every different ailment into a new and separate compartment with a new and separate name. It makes modern medicine appear so very complex and is overwhelming to the average person and even to our doctors who are faced with learning increasingly more illnesses and subcategories of illnesses.

However this ‘boxing’ of ailments is only ‘convenient’ for Big Pharma, because hand-in-hand with ‘new’ illnesses arises the ‘need’ for new drugs. When we go back to the cellular terrain to look for answers, we see that health and disease are not as complicated as it would appear.

“In all serious disease states we find a concomitant low oxygen state.....low oxygen in the body tissues is a sure indicator for disease.....hypoxia, or lack of oxygen in the tissues, is the fundamental cause for all degenerative disease.”

Dr Stephen Levine, Molecular Biologist

When we look at this quote we are reminded of the fact that the root cause of many degenerative diseases (not just cancer) is the lack of oxygen. In fact when you look at two of the most pervasive diseases today – cardiovascular disease and cancer, we find that they are not so dissimilar after all! Both arise due to a congestion of toxic waste products that cause a lack of oxygen and nutrition to the cells of their respective tissues.

In the case of cardiovascular disease, damage to the cells occur in the blood vessel walls and the heart muscle; while in cancer

the damage is caused to the particular tissue-type or organ in the body that becomes deprived of oxygen.

As unique individuals, we not only have unique lifestyles and habits, but we also have different vulnerabilities which in turn predispose us to a lack of oxygen developing in different parts of the body. This in turn gives rise to a vast array of different symptoms should this occur. Therefore, while we may appear to present with ‘vastly different diseases’, in truth they often arise from the same root cause!

How much easier it would be to treat the common root causes that led to these different diseases, than by resorting to very different pharmaceutical quick-fixes focused purely on the symptoms and each with their own incumbent side effects. Of course, suggest this to Big Pharma, and you are unlikely to receive an enthusiastic response!

The point however in bringing this up, is that most degenerative illnesses share a common root cause – that being an unhealthy cellular terrain which in turn causes a lack of oxygen delivery to the cells.

Therefore when we resist the temptation of falling for the quick-fix, and focus on correcting our cellular terrain instead, we not only resolve the symptoms our body is currently showing us, but we protect ourselves from developing a long list of potential diseases!

In fact, it is interesting to note that because of this common root cause, a diet and lifestyle that facilitates cancer healing will do the same for cardiovascular disease, diabetes and numerous

other degenerative dis-eases. We therefore do not need a specific diet for cancer and a specific diet for heart disease, diabetes etc. Instead, one diet that will facilitate improved oxygen delivery to the cells will help prevent or treat any or all of these diseases!

This removes the considerable confusion that exists for most about what constitutes a good diet and what doesn't and by promoting oxygenation also ensures vibrant health and energy for life in general.

It has to be mentioned at this point that diet is not the only factor playing a role in health and in this case cancer, but it is a significant one nonetheless.

When we are mindful of this lack of oxygen being the common and primary root cause of many of our most debilitating and pervasive diseases today, we see that the answers reveal themselves by simple and timeless explanations instead of traveling further down the path of ever greater complexities to find solutions.

We have already explained the need to take notice of the warnings, in the form of symptoms that our body shows us, and to resist the temptation to succumb to quick-fix 'solutions' which simply suppress our 'inner doctor'. When these symptoms suggest a concurrent infection from a microbe - whether from the outside or from our own microzyma which have transformed - the same applies.

Let's take the example of the common cold or flu. When you next 'come down' with a common ailment such as this, you may

want to consider hesitating before you reach for a regular ‘cold remedy’ which offers the quick-fix that many of us are used to.

Instead, remind yourself that the flu is a sign of your immune system, in conjunction with microbes, working to reduce congestion and improve your inner terrain. If this did not happen, your inner terrain could deteriorate into one that could encourage the formation of cancer cells.

Rather than resorting to the ‘quick-fix’, you could learn and apply the methods that would improve your inner terrain thereby improving your cellular oxygen levels while assisting your inner doctor to expel the microbes.

We must always remain mindful that any symptom, whether in concert with a microbial infection or not, is simply evidence of our body doing something right on our behalf, not wrong!

In fact many cancer patients have gone into complete remission from cancer following a major infection.

As Andreas Moritz points out in his outstanding and insightful book, ‘Cancer is not a disease’, “*according to over 150 studies conducted in the past 100 or more years, spontaneous tumor regression has followed bacterial, fungal, viral, and protozoal infections. During episodes of fever, tumors literally break up, and the cancer cells are promptly removed via the lymphatic and other organs of elimination.*”

If we were to suppress these infections with quick-fix pharmaceuticals such as antibiotics and antipyretics (drugs that stop the fever) while failing to address the terrain which attracted the infection, we would be demonstrating ignorance of nature's wisdom in its attempt to heal us. More seriously, we could potentially be preventing the spontaneous regression of tumours that we were not aware of!

It is unfortunate that we are so quick to reach for surgery, chemotherapy or radiation when cancer is diagnosed, because in doing so we fail to witness the spontaneous regression of tumours more often, which would serve to demonstrate and reinforce this very real truth of cancer.

In fact, I find it a sad irony when I meet cancer patients who are so relieved that an unforeseen incident or routine test revealed a cancer tumour that they would otherwise not have known about. What they fail to realize is that the tumour would most likely have regressed on its own without them ever knowing about it!

Instead, reacting out of fear and a lack of understanding of the wisdom of the body, as well as on the advice given from a conventional understanding of cancer; they started on a program of immunosuppressive chemotherapy drugs.

This, together with their focus on the tumour and their fear of it, had the inevitable effect of suppressing their 'inner doctor' and rendering it incapable of dealing with the tumour on its own. And so the tumour grew and spread (metastasized).

This is a sad, yet all too common phenomenon!

Chapter 8:

The ‘Big 3’ ~ do they work?

*“My studies have proved conclusively that **untreated cancer victims live up to four times longer than treated individuals.** If one has cancer and opts to do nothing at all, he will live longer and feel better than if he undergoes radiation, chemotherapy and surgery,”* Hardin B Jones Ph D

The standard conventional approach to cancer treatment is often referred to as the ‘Big 3’; namely surgery, chemotherapy and radiation. Unfortunately, all three of these treatment options are focused on the tumour, which as we have discussed is a grave and fundamental error in any quest to heal cancer permanently because it fails to address the cause.

Let’s deal briefly with each one in turn.....

Of ‘the Big 3’, **surgery** can have some benefit particularly with certain types of well-circumscribed cancerous tumours because the patient can benefit on an emotional level by being able to note a removal of the tumour and it can be curative if we are fortunate.

Surgery can also be necessary in some instances to address an immediate crisis such as when a tumour is causing an intestinal obstruction as an example.

However, because surgery is focused on the symptom, it will frequently not be enough, and by no means insures the patient against a relapse if the lifestyle factors which contributed to the original tumour are not addressed.

And surgery does of course have its negatives; not least due to the fact that the patient is often consumed with fear at the prospect of undergoing surgery with all the risks it entails. This fear is strongly detrimental to our immune system (inner doctor) that is so crucial in helping us to heal at this most critical of times.

The fear may also be heightened by concerns for the consequences that certain types of surgery may give rise to, such as when a mastectomy is undertaken (to name but one example).

In addition to this, the body itself is subjected to considerable stress when ‘going under the knife’ and in some instances can suffer long-term complications such as when lymph nodes, a crucial part of our immune system, are removed (to use our example of a mastectomy again).

The surgical removal of lymph nodes nevertheless continues in spite of studies conclusively showing that there is no correlation with increased survival rates. However, when you understand the crucial role that your lymph nodes as part of your immune system (inner doctor) plays in healing you from cancer, then it becomes clear why surgical removal of lymph nodes does not improve survival rates.

Note that the cancer cells will be removed by the immune system however, when the truly significant aspect, the cellular terrain is corrected.

“I had been taught that this [surgery] was the only method by which malignant disease could be successfully treated, and, at the time, believed this to be true. But failure after failure following each other, without a single break, inclined me to alter my opinion. The disease invariably recurred with renewed virulence, suffering was intensified, and the life of the patient shortened.... That cancer is a curable disease, if its local development is recognised in its early stages, and if rational dietetic and therapeutic measures are adopted and rigidly adhered to, there can be no doubt whatever.” Dr Robert Bell, senior staff member of the Glasgow Hospital for Women

In the scenario where important organs or parts of these organs are surgically removed in an attempt to remove the symptom (tumour), the body is frequently prevented from ever returning to full functionality, thus causing long-term implications to health.

“It should be forbidden and severely punished to remove cancer by cutting, burning, cautery and other fiendish tortures. It is from nature that the disease arises and from nature comes the cure.” Paracelsus (1493 to 1541)

How about **chemotherapy**?

Let's remind ourselves again of the statistics mentioned earlier, as published in the '*Journal of Clinical Oncology (Dec 2004)*' which were based on collating the results of chemotherapy treatments carried out on twenty two of the major cancer malignancies in adults.

This study, conducted by G Morgan, R Ward and M Barton of the 'Northern Sydney Cancer Center' revealed, "***the overall contribution of curative and adjuvant cytotoxic chemotherapy to 5-year survival in adults was estimated to be 2.3% in Australia and 2.1% in the USA.....chemotherapy only makes a minor contribution to cancer survival.***"

The study went on to say, "*to justify the continued funding and availability of drugs used in cytotoxic chemotherapy, a rigorous evaluation of cost-effectiveness and impact on quality of life is urgently required.*"

What is also important to note, is that chemotherapy's 'success' of just over 2%, is defined as surviving 5 years from the start of chemotherapy treatment. It does *not* refer to a complete cure!

This definition is clearly used very literally as I found out from a friend who sadly lost his wife to cancer, but who discovered at a later stage that his wife had been listed as a 'success' of chemotherapy treatment. Upon questioning this he was told that his wife had died 5 years and 6 days after her chemotherapy treatment was initiated, therefore placing her amongst the 'success' statistics!

Naturally, these statistics also fail to paint the true picture of the frequently devastating side-effects which often accompany the treatment.

These dismal statistics coupled with the poor quality of life that is often endured by those undergoing chemotherapy treatment hasn't escaped the notice of all doctors or oncologists as was demonstrated at one of the most renowned cancer treatment centres in the world; the McGill Cancer Clinic in Canada.

When the oncologists of this hospital were asked to complete a confidential questionnaire, ***54 out of the 64 doctors confessed that chemotherapy would be an unacceptable mode of treatment for them or their families!***

This isn't an isolated example of the lack of confidence in chemotherapy exhibited by the very professionals involved in prescribing it, as Ralph Moss explains in his very comprehensive critique, 'Questioning Chemotherapy'. During his research Dr Moss found that, "*the more familiar these doctors were with a particular treatment, in fact, the less likely they were to accept it for themselves*".

Dr Moss goes on to reveal that "*there's a tremendous conflict going on in the minds of honest, sensitive, caring oncologists.*" These oncologists have been placed in an awkward position; they've spent years attaining a specialist knowledge with the intent of helping cancer patients, but their 'tools' (the toxic chemotherapy drugs) just aren't working for them and they know what happens to doctors who offer alternatives outside of the status quo.

Numerous esteemed doctors and scientists around the world have spoken out against the ongoing use of chemotherapy in cancer treatment.....

“As a chemist trained to interpret data, it is incomprehensible to me that physicians can ignore the clear evidence that chemotherapy does much, much more harm than good.”

Dr Alan Nixon (former President of the American Chemical Society)

"Most cancer patients in this country die of chemotherapy... Chemotherapy does not eliminate breast, colon or lung cancers. This fact has been documented for over a decade. Yet doctors still use chemotherapy for these tumors... Women with breast cancer are likely to die faster with chemo than without it."
Allen Levin, M.D, author of 'The Healing of Cancer'

“Many medical oncologists recommend chemotherapy for virtually any tumour with a hopefulness undiscouraged by almost invariable failure.” Albert Braverman M.D (Lancet 1991) and author of 'Medical Oncology in the 90's'.

Dr Braverman also goes on to emphasize how little progress has been made over the last few decades in chemotherapy, stating that there are no more solid tumours curable today than there were in the 1970's.

When it comes to the subject of chemotherapy, few studies have been as comprehensive and objective as that carried out by Dr Ulrich Abel, a biostatistician at the University of Heidelberg. He contacted over 350 medical centres worldwide during his

research on chemotherapy treatment and at the time of publishing arguably knew more about chemotherapy than anyone else alive.

His final conclusion was this.....

“Success of most chemotherapies is appalling.... there is no scientific evidence for its ability to extend in any appreciable way the lives of patients suffering from the most common organic cancers”.

It would be fair to mention that there is a short list of a few cancers which have been shown to respond to chemotherapy. These include Hodgkin’s disease, Acute Lymphocytic Leukaemia, testicular cancer and Choriocarcinoma. However these only represent 2-4% of all cancers and sadly, as with Hodgkin’s disease, even these successes can be temporary.

“Children who are successfully treated for Hodgkin’s disease are 18 times more likely later to develop secondary malignant tumours. Girls face a 35 percent chance of developing breast cancer by the time they are 40 – which is 75 times greater than the average. The risk of leukemia increased markedly four years after the ending of successful treatment, and reached a plateau after 14 years, but the risk of developing solid tumours remained high and approached 30 percent at 30 years.”

New England Journal of Medicine (March 1996)

Now let’s look at some of the reasons why chemotherapy’s success rate is so dismal.....

Firstly, chemotherapy drugs are classified as ‘cytotoxic agents’. Because ‘cyto’ refers to cell, this literally defines them as being ‘toxic to the cells of the body’. These toxic effects on cells are not confined only to the cells of the patients’ body either, but to anyone administering these toxic drugs.

In fact nurses trained in giving chemotherapy drugs are reminded to protect themselves with extra-thick latex gloves, long-sleeved gowns and goggles or face-shields.

They are also warned that accidental exposure to these cytotoxic agents could cause ‘significant’ adverse effects to their skin, cells of the blood, reproductive organs and the liver as well as to the DNA of their cells.

If these same drugs are accidentally spilt, they can burn holes in concrete floors while creating a biohazard alert!

With this in mind, it is no surprise that these chemicals cause such damage, and subsequently such severe side-effects when introduced into the human body.

Quite simply, when we resort to using chemotherapy drugs to treat cancer we are using some of the most toxic and carcinogenic (yes cancer-causing!) chemicals known to man!

The point of using such potent chemicals of course would be to obliterate the tumour. However, unfortunately as we now know, focusing on the tumour in cancer treatment is a flawed approach which is why reduction in tumour size has been shown to have no correlation with curing cancer!.

We have also learned that the cancer tumour only develops because of a lack of oxygenation at the cellular level and that this has arisen primarily due to a build-up of toxic and acidic waste products which have surpassed the capabilities of the body's immune system and in doing so have suffocated the cells. In summary therefore, the tumour has arisen due to an excessive toxic load on the body!

When we administer chemotherapy chemicals, we are in essence adding highly toxic chemicals to a body that has developed cancer precisely because it is already suffering from a toxic crisis.

It is little wonder then, that so frequently the patient with the tumour, who wasn't feeling so bad before chemotherapy, suddenly takes a precipitous dive in their health after initiating chemotherapy.

Unfortunately, these highly toxic chemicals are not able to target only the tumours (even if the tumours were relevant, which they are not), but instead wreak havoc on the entire health status of the body.

“Chemotherapy is an invasive and toxic treatment able supposedly to eliminate cancer cells. Unfortunately, though, its ferocious chemistry is not able to differentiate between the cancerous cell or the healthy cell and surrounding healthy tissue. Put simply, chemotherapy is an intravenously administered poison that kills all living matter. Repeated chemotherapy and repeated radiation treatments kill the whole body by degrees.

He goes on to say that ‘ *some 67 per cent of people who die during cancer treatment do so through opportunistic infections arising as a direct result of the immune system failing because of the aggressive and toxic nature of the drugs*’.

Steven Ransom, author of ‘Death By Doctoring’

In fact because of the highly immunosuppressive effect of these chemicals, ***our ‘inner doctor’, and most prized ally in our healing process, becomes dismantled by chemotherapy at the very time we need it most!***

Therefore we must conclude that the occasional cancer patient who does manage to survive this chemical onslaught does so not because of chemotherapy, but in spite of it!

“You cannot poison your body into health with drugs, chemo or radiation. Health can only be achieved with healthful living.”

TC Fry

Many of the cancer patients I see have already completed a course of chemotherapy for their primary tumour. They come to see me when they present with secondary tumours in numerous other organs and have been labelled as ‘terminal’, or when they simply cannot, or will not, return for another arduous course of chemotherapy.

Unfortunately, the development of these secondary cancerous tumours following chemotherapy is not surprising.

Firstly, the root cause was never addressed during the initial course of treatment and so the unhealthy cellular terrain was left to deteriorate, thus contributing to a hypoxia (lack of oxygen) in new areas of the body.

And *secondly*, the addition of toxic chemicals to an already toxic body was bound to exacerbate the terrain that was already unhealthy! Dr Samuel Epstein confirms this in his quote below.....

“Chemotherapy and radiation can increase the risk of developing a second cancer by up to 100 times.”

Sadly, after more than \$50 billion has been spent on cancer research, very little has changed in 30 years!

Finally, 3rd of the ‘Big 3’, **radiation**; how does it fare?

Radiation is of course also focused on the tumour and while it can ‘eliminate’ the tumour in the short term, as with any illness, if we do not also correct the underlying cause, the symptom (tumour) is very likely to recur.

Radiation also has many well-documented side effects; some of those being nausea, fatigue, low red cell counts and low white blood cell counts (both crucial to your health and immunity), localized skin damage and last but not least.....cancer.

Now, I will add that there are some doctors who also prescribe a healthy diet and rest alongside these ‘Big 3’, and that is helpful. However in my experience, this advice if it is given is too often vague with far too little emphasis being placed on addressing the underlying causes that led to the formation of the tumour.

The end result therefore, is that the patient seldom makes the often-required significant shifts in the way they live that is necessary to correct the terrain in their body. Therefore, with the cause of the cancer never being addressed or corrected, the likelihood of a relapse sooner or later, is very real!

At the current time, the vast majority of cancer patients still resort to the ‘Big 3’ as their first treatment option. It is usually only when this has failed them, or when the conventional approach has labeled them as ‘terminal’, that they resort to exploring the numerous natural options that exist.

While natural approaches which restore a healthy inner terrain while boosting our inner doctor can deliver excellent success in cancer healing, when they are approached as a last resort after the patient’s ‘inner doctor’ has all too frequently been irreparably damaged by chemotherapy, their efficacy is understandably reduced.

It is for this reason that the power of a natural approach in healing is so frequently underestimated. In most instances natural treatments have only been resorted to after the immunosuppressive effects of conventional treatments have significantly undermined the body’s ability to respond to it.

On a side note, you may notice that I repeatedly choose the word ‘natural’ approach as opposed to the frequently used word, ‘alternative’. Unfortunately, ‘alternative’ can imply that natural healing is a secondary or somehow ‘lesser’ approach to healing, which is absolutely not the case!

I also want to address the important issue that relates to the frequently uttered words of many cancer patients who say, *‘I just want to do everything!’* in their determination to overcome cancer. They therefore have surgery, start on chemotherapy or possibly radiation, while attempting to try out numerous different natural remedies.

Unfortunately however, ‘doing everything’ when it comes to healing from cancer *does not* equate to setting ourselves up for the best chance of survival!

In our modern age, empowering ourselves with regards to our health requires that we make our daily choices in health, as well as our treatment choices, from a position of understanding. As I have pointed out before, this does not require a doctorate degree, but rather just a simple understanding of health and disease (in this case cancer).

To do this we need to move away from making choices in blind faith, and move towards making informed choices. When we simply opt to ‘do everything’, we are not doing this from a place of true understanding of cancer, but rather from a place of fear, believing that by doing everything, something must work.

However, when you do truly understand what cancer is and understand the wisdom of your body in trying to help you to survive, then you will know that ***supporting your body and your ‘inner doctor’ in healing, while correcting the underlying cause is the opposite to taking the route of using toxic chemicals to shrink the tumour. The latter would simply negate the former!***

Quite simply, when faced with cancer, we need to make a choice with regards to our treatment path - opting to do everything is no choice at all!

As I have mentioned previously, this choice should only be made once we have placed ourselves in an informed position - a position of strength and not fear.

In addition, this decision should ideally only be made by the person who has cancer (assuming they are old enough), and not by anyone else, including well-meaning family members who may be making suggestions from a place of fear.

Your conventional doctor or oncologist will no doubt be suggesting that you begin with the standard protocol of the ‘Big 3’ and they will have their reasons for that. This book offers you a different understanding of cancer and reasons for adopting a natural approach so that you can consider both approaches, and then make your decision based on what truly resonates with you as a unique individual.

In conclusion, I believe that the main reasons for most people still opting for the ‘Big 3’ as their first path of treatment is three-fold;

- 1) At the time of receiving a cancer diagnosis, most people are in a state of shock. Reacting from a place of fear, they choose the first treatment option that is offered to them assuming that they do not have the time to explore other options.
- 2) There is a lack of understanding of the true reason cancer develops and how that aligns with the wisdom of the body in its attempt to help us to survive. They therefore resort to a symptom-based treatment plan assuming that the tumour is the disease, as opposed to treating the real disease, which is the lack of oxygen in the cellular terrain.
- 3) An assumption that their doctor must ‘know best’ and must be offering them the best available treatment option.

We have dealt with the first two of these reasons. The next chapter will deal with the third and equally important reason; that being the role of politics in cancer healing and how that influences what your doctor can offer you.

Chapter 9:

Why is My Doctor Not Telling Me This?

Unfortunately, no cancer book which intends to offer cancer patients true empowerment in healing themselves from cancer would be complete without giving some mention to the politics that surround the treatment of cancer.

By including this aspect, I hope to shed some light on why your doctor or oncologist will not be sharing what I have shared with you in this book. It will also help to explain why the modern cancer industry persists in offering the standard conventional approach in spite of the dismal success rate achieved.

While I do not intend to linger too long on such a negative aspect, your awareness of the politics of the Cancer Industry is nonetheless critical to your understanding, and hence the choices you make in your journey of healing from cancer.

Having a medical background, I was educated in the conventional approach to cancer; that being surgery, chemotherapy and radiation. It would take my mother's death from cancer to shake me from my unquestioning acceptance of the conventional teachings of what cancer is, and how to treat it.

I believe that most doctors and nurses work with the intent of doing the very best for their patients and often do so tirelessly in spite of long days and demanding schedules.

However, as is often the case, all is not as it appears on the surface. Doctors and nurses are strictly regulated by the industries in which they operate, and unfortunately on closer inspection, it becomes clear that they are simply pawns in the giant industries of ‘Big Pharma’ and ‘Big Medicine’.

Medical Universities are substantially funded by the pharmaceutical companies who in turn dictate what approaches and methods of treatment are taught to doctors.

Because the conventional method of treatment which promotes expensive patented drugs is worth a fortune to Big Pharma, while the inexpensive natural approaches could cost them their fortune, doctors graduate without ever been taught anything outside of the standard conventional approach; that being surgery, chemotherapy and radiation.

In the USA for example, there is the AMA (American Medical Association) which is a private organization that controls what is covered in the medical curriculum. If medical schools choose to offer alternative medicine courses, they are requested to discontinue them or consider losing their accreditation.

It follows that most doctors are led to assume that what they weren't taught at medical school cannot hold any validity. Doctors and veterinarians therefore graduate believing that the tumour is the disease, and that the standard approach of surgery, chemotherapy and radiation in trying to eliminate the tumour, is the best we can currently offer in cancer treatment.

In turn, their cancer patients are also led to assume that what their doctor doesn't recommend cannot be effective as a treatment.

For this reason, most people are surprised and initially disbelieving when you reveal statistics of the success rate of the standard conventional approach versus that of some natural approaches.

In addition, the immensely powerful pharmaceutical industry also funds the media and the politicians. Not wishing to upset their largest source of funds, the media ensure that you and I get regular installments of exactly what Big Pharma wants us to hear and read with respect to medical news and the benefits of the latest pharmaceutical options.

As Sistah Qaraandin, author of the acclaimed book “Maintaining Our Temples” explains, *‘medical news is shaped by whatever will benefit the health care industry and the drug companies.....most of the time the “experts” that are quoted in those pieces are paid by a PR firm that is paid by the company that will profit from the “news”’.*

There can be arguably no disease worth more to Big Pharma and the medical industry at large, than cancer! Cancer treatment is worth close to \$100 billion (\$100 000 000 000) to the Cancer Industry every year while a cancer patient who undergoes chemotherapy treatment is worth upwards of \$300 000 per year of treatment.

Because the standard treatment so rarely offers a permanent solution, patients are likely to keep returning for more treatments as they relapse or as they return for treatment of the complications caused by the side effects of the original treatments. Yes, the standard conventional treatment of cancer is a cash cow for Big Pharma and Big Medicine!

If word were to get out en-mass that cancer is fundamentally a simple dis-ease to prevent and treat, and that certain natural approaches are not only highly effective, but also far more cost-effective than the expensive patented pharmaceuticals, then their multi-billion dollar industries could begin to unravel overnight. They will do anything to prevent this happening!

There are numerous examples of natural remedies that have been ‘too’ successful in treating cancer and in so doing threatened the conventional treatment approach. The FDA in response has been ruthless in orchestrating their suppression.

History is littered with examples of medical practices that have been raided by FDA agents and had their medical records confiscated or destroyed. The doctors who attempted to help their patients’ survive cancer by offering them treatment options that were outside of the status quo, subsequently found themselves the subject of smear campaigns, had their medical licenses revoked and at times, even thrown in jail. While the reasons given for these heavy-handed tactics were invariably to ‘protect’ the patients, the real reason on closer inspection was to protect profits.

In fact, any transgression of the conventional cancer treatment protocol can result in lengthy and expensive lawsuits for the doctor in question, while risking their professional medical insurance being invalidated.

In short, it is simply too risky for your doctor to be offering you a natural approach to treating cancer!

In the book, ‘Politics in Healing: The Suppression and Manipulation of American Medicine’ the author Daniel Haley states.....

*“In a free market, where non-toxic therapies can openly compete with toxic therapies, and information is not suppressed, consumers will make informed choices. This is exactly what the pharmaceutical companies don’t want. Dancing to their tune, the FDA ferociously keeps off the market effective, non-toxic therapies that might provide formidable competition for patented, and often toxic, pharmaceutical drugs. **By keeping these therapies off the market, the FDA is not protecting the public from harm. It is protecting the pharmaceutical companies from effective competition.**”*

There may be some who would like to believe that this is just another conspiracy theory. To you I say; ‘I welcome you to do the research yourself. Your health may depend on it one day!’

The Cancer Industry survives by perpetual promises of nearing the elusive cure for cancer, and in so doing keeps the public

clinging on in hope. However, as the well-respected medical researchers, Robert Houston and Gary Null point out.....

“A solution to cancer would mean the termination of research programs, the obsolescence of skills, the end of dreams of personal glory; triumph over cancer would dry up contributions to self-perpetuating charities.....It would mortally threaten the present clinical establishments by rendering obsolete the expensive surgical, radiological and chemotherapeutic treatments in which so much money, training and equipment is invested.....The new therapy must be disbelieved, denied, discouraged and disallowed at all costs, regardless of actual testing results, and preferably without any testing at all.”

Quite simply, if we were waiting for a cure for cancer (fortunately we are not - we have it already!), it would never come from the Cancer Industry - there is a fortune at stake!

In summary; when you are offered the conventional ‘Big 3’ as the first and only option for your cancer treatment, do not mistake it for being the only option, nor the best. But rather understand that it is the only one your doctor has been trained in, and crucially the only one he or she is allowed to recommend!

You on the other hand can choose to accept it, or you can exercise your right to consider the other options available and then choose whichever option you believe is best for you.

Chapter 10:

Some Truths about Cancer Statistics

Of course, the Cancer Industry does its utmost to refute the considerable evidence that the ‘War on Cancer’ is an abject failure, and does all it can to persuade us that they are moving closer to the much-promised ‘cure for cancer’.

However, as numerous experts on this subject have pointed out, the Cancer Industry has had to resort to some rather crafty manipulation of the figures in their attempt to paint a rosier picture of the cancer statistics so as to keep the public at large coming back for more.

As Tanya Harter Pierce, author of ‘Outsmart your Cancer’- an excellent source of numerous natural treatment options points out, there are several tactics that the Cancer Industry uses to achieve this;

- 1) **Changing the definition of cure:** This point has been alluded to previously, but is worth repeating nonetheless. When the word ‘cure’ is used, we are led to assume that this implies a full and permanent recovery from cancer, however this is not the case.

The governing authorities that comprise ‘Big Medicine’, namely the National Cancer Institute (NCI), the American Cancer Association (AMA) and the American Cancer Society (ACS), together with the FDA and ‘Big

Pharma', being the pharmaceutical giants, have chosen to use a 5 year survival mark to define 'cure' when reporting cancer statistics.

This definition of 'cure' however, is used regardless of the individual's state of health at the 5 year mark, or if they should die from cancer after this point in time. It also fails to consider the individual's quality of life and the frequently extremely debilitating side-effects experienced.

- 2) **The exclusion of certain groups of people:** Non-white Americans have repeatedly demonstrated lower survival rates than the average population in America. When publishing survival data, the NCI has resorted to listing the non-whites in a separate (but equal) category, and then submitting the white charts as the norm for the purposes of measuring and statistical comparisons. This has the effect of artificially boosting survival figures.
- 3) **The exclusion of certain cancer types:** This point is hard to believe, such is the flagrant misuse of statistics. Similarly to the point above, the NCI has chosen to omit all lung cancer statistics when reporting 'progress' in cancer treatment. Could this be due to the fact that lung cancer is predominantly caused by smoking? If so, it is an interesting reason for its omission!

Because lung cancer is the leading cause of cancer death in both men and women, this has the effect of vastly, and falsely, improving overall cancer stats!

- 4) **The inclusion of non life-threatening cancers:** on the flip side, this tactic has helped to boost figures of apparent success in cancer treatment by including easily treated, non-threatening cancers into the statistics of life-threatening cancers.

Two examples of this are simple, non-invasive skin cancers which do not pose a threat to life, and ductal carcinoma in situ (DCIS) which is a 99% curable form of breast cancer which is considered by many to be only a pre-cancerous state and yet is included to enhance the stats for life-threatening breast cancer.

- 5) **Earlier detection of cancer:** Advancing technology has admittedly had the effect of detecting the symptoms of cancer earlier (by an average of 6 months).

Therefore, because of the way in which cancer ‘cure’ statistics are recorded, that being survival of 5 years beyond the diagnosis and start of treatment, this has had the inevitable result of the inclusion of many patients into the ‘survival’ bracket. This however, does not equate to improved treatment success or complete healing!

Note: While it would be easy to assume that earlier cancer detection is a noble achievement, the author does not share this point of view for numerous reasons, namely;

- I. The incessant searching for the cancer tumour in various cancer screening methods has the effect of raising our fear and focus on cancer which as already discussed is very detrimental.
- II. It raises our expectation of cancer – also highly detrimental. What we expect, we tend to experience!
- III. It serves to focus our energy on the tumour (only a symptom) while diverting our energy away from where it could be better spent in educating the masses about what cancer really is and its true causes.
- IV. Earlier treatment is not beneficial if the treatment choices are toxic and immunosuppressive.
- V. A high percentage of cancer tumours regress on their own, while bringing these tumours to our attention can exacerbate the problem.
- VI. The screening methods used frequently *contribute* to cancer!

“Mammograms increase the risk for developing breast cancer and raise the risk of spreading or metastasizing an existing growth”. Dr Charles Simone (former clinical associate at the National Cancer Institute)

With reference to mammograms as published in the ‘Lancet’ July 1995..... *“The benefit is marginal, the harm caused is substantial and the costs incurred are enormous.....”*

6) Deleting of early deaths from statistics: This is another quite remarkable tactic to improve the face of conventional cancer treatment results.

Quite simply, if a patient dies before the course of chemotherapy is complete (and arguably precisely because of the chemotherapy treatment!) then the patient is simply deleted from the records. This would not be listed as a treatment failure, but rather as a failure to complete the treatment protocol!

In stark contrast; if a patient is part of a control study that is not receiving treatment, should the patient die either during or after the study, then their death *is* listed as a death from cancer.

As Tanya Harter Pierce points out, not only is this inconsistent with scientific protocol, but it highlights an institutional lack of integrity!

7) Introduction of relative survival rate: This point, as raised by Ralph Moss, is another creative method used by the Cancer Industry when reporting on results attained by using the ‘Big 3’.

It takes into account the ‘expected mortality rates’ by factoring in the possible scenarios that if the person didn’t die of cancer, they could have died from other unexpected causes. This ‘adjustment’ also has the effect of making cancer survival rates look better than they are.

So there you have it; several rather clever tactics, as employed by the Cancer Industry, at keeping the average man or woman on the street hanging on to the belief that allopathic medicine's use of the 'Big 3' is helping to win the 'War against Cancer'.

"Our whole cancer research in the past 20 years has been a failure. More people over 30 are dying from cancer than ever before.....more women with mild or benign diseases are being included in statistics and reported as being 'cured'. When government officials point to survival figures and say they are winning the war against cancer they are using those survival rates improperly."

Dr J Bailer (New England Journal of Medicine, Sept/Oct 1990)

Chapter 11:

Pharmaceutical Fallacies

Sadly, it is not just statistics that are being massaged in an attempt to keep the flailing boat of conventional cancer therapy afloat.

On closer inspection of the pharmaceutical drug world and the regulatory bodies which have been put in place as presumed custodians of the health of the public at large, all is not as we assume it to be!

It probably comes as no surprise to most that the pharmaceutical industry is big business! But to get an idea of just how big it is, consider some of these facts as reported by Public Citizen's Congress watch on the Pharmaceutical Industry in 2002;

- The combined profits of the 10 pharmaceutical companies (\$35.9 billion) in the Fortune 500 accounted for more than half of the combined profits (\$69.6 billion) of the entire Fortune 500 listing! [Put differently, the combined profits of these 10 pharmaceutical companies (\$35.9 billion) eclipsed the combined profits of the rest of the 490 companies (\$33.7 billion) listed in the Fortune 500!]
- Pharmaceutical companies showed a mean profit of 17c to the dollar versus the Fortune 500 median of 3c per dollar of revenue

- Pharmaceutical companies showed a 14.1% return on assets versus the Fortune 500 median of 2.3%
- While most businesses were struggling during an economic lean period, the pharmaceutical industry figures revealed a minor downturn in profits of 3.5% versus the Fortune 500 median drop of 66.3%!
- Drug prices increased by an average of 4%, almost double that of the rate of inflation

And the year 2002 was not an usual year; it simply demonstrated a continuing trend that was evident over the preceding three decades. The 1970's and 80's had shown a return of revenue by pharmaceutical companies that was 2x greater than the mean of the Fortune 500. In the 1990's this had stretched to almost 4x that of the median for other industries.

And big businesses need to look after the interests of their shareholders. As Dr Matthias Rath, world renowned physician and scientist, points out.....

"Throughout the 20th century, the pharmaceutical industry has been constructed by investors, the goal being to replace effective but non-patentable natural remedies with mostly ineffective but patentable and highly profitable pharmaceutical drugs. The very nature of the pharmaceutical industry is to make money from ongoing diseases".

He adds that, *"the pharmaceutical industry fights the eradication of any disease at all costs. The pharmaceutical industry itself is the main obstacle, why today's most widespread diseases are further expanding, including heart attacks, strokes,*

cancer, high blood pressure, diabetes, osteoporosis and many others. Pharmaceutical drugs are not intended to cure diseases”.

While Big Pharma is keen to point out that large sums are spent on research and development (R&D), on closer examination of budget expenditure, it becomes apparent that these figures are small in comparison to that spent on marketing. In fact, as published in ‘ScienceDaily’ (Jan 2008) the US Pharmaceutical industry spent almost double (24.4%) on promotion vs 13.4% spent on R&D.

And when it comes to R&D, much of that budget is spent on what is referred to in the industry as ‘me too’ drugs. These are drugs produced by making small modifications to the ‘best sellers’ on the market to achieve a slice of action from an existing market, rather than by creating genuine new therapeutic innovations.

As reported in ‘Money’ magazine on the concept of ‘me too’ drugs, *“It was an addictive formula: Offer a simple variation on an existing medicine, turn it over to the marketing machine and watch the money roll in”.*

In the production of new pharmaceutical drugs it is common practice to measure the response of a drug during trials by targeting a specific marker or reference point. This may be ‘tumour size’ in the case of a chemotherapy drug as mentioned previously, or in the development of other drugs, an enzyme, blood pressure, lipid level etc may be used as a marker.

If a pharmaceutical company is able to demonstrate the effectiveness of altering a predetermined marker versus that of a placebo, on a regular basis and without causing too many side-effects or fatalities, then it gets the FDA stamp of approval.

Unfortunately, this process has huge flaws; *firstly*, and most crucially, it demonstrates Big Pharma's symptom-based approach to illness, which fails to appreciate that our bodies are dynamic and interconnected organisms and that it is impossible to change one marker (or one symptom) in isolation, without having a ripple effect on every other organ system in some way!

The result of course is the almost invariable side-effects that must follow. It is also for this reason that so many people who start with one prescription drug frequently end up depending on several drugs to treat the side-effects that are created by the drugs themselves. (In contrast if we were to deal with the root cause instead, we would find that all symptoms would naturally subside).

Secondly, and all too commonly, the drug trials are conducted by the very same pharmaceutical company that goes on to sell these drugs. These companies quite clearly have a firm vested interest in the trial results when one considers the phenomenal profits that await.

And in theory, while these drug trials are supposed to follow strict and unbiased scientific protocols, the reality is that they are frequently not as objective as one would like to believe. Not only can these trials be set up in a prescribed manner to produce an intended end result, but they can also be manipulated and interpreted in a manner that meets the stated objective.

As an example of this, it is not uncommon for participants of a drug trial to be ‘excused’ from the trial if they begin showing a response which is considered inconsistent with the intended objective of the trial, so as not to adversely affect trial results. These ‘unfavourable’ results are then simply not recorded.

Examples are also rife of doctors receiving handsome fees from pharmaceutical companies for conducting trials that deliver a desired end result. If on the other hand, an ‘undesirable’ result is produced, then the doctor in question is ‘dropped’ and their funding is withdrawn.

And the result of these frequently manipulated trials?

51% of all approved drugs are found to have serious adverse side-effects that were not detected prior to FDA approval. In addition, 1 in 5 of all new drugs either has to be taken off the market due to severe side-effects (or fatalities) or have the highest warning placed on their labels.

A study published in the Journal of the American Medical Association (JAMA) revealed that in the USA alone, over 2.2 million people each year suffer from severe adverse drug reactions (ADR) or permanent disability caused by pharmaceutical drugs. Of these ADR’s, over 200 000 people will die.

Added to this is the cost of treatment of these adverse reactions to the healthcare system, which amounts to approximately \$4 billion annually!

This has helped to contribute to a fact that the medical and pharmaceutical industries would prefer to ‘keep under wraps’; this being that **pharmaceutical drugs are the 4th highest medical cause of death today** after cancer, heart disease and stroke! (Journal of the American Medical Association)

And what about the FDA; aren’t they supposed to be protecting the public from the release of potentially harmful drugs?

The scientist and senior drug safety researcher at the FDA, Dr David Graham, testified to Congress in 2005 that he had been pressured by his supervisors not to warn the public about the dangers of drugs like Vioxx in spite of the VIGOR study demonstrating that Vioxx increased the risk of a heart attack by 500%. (Note: Vioxx was subsequently responsible for 140 000 heart attacks and the death of 60 000 Americans – as many as were killed in the Vietnam War).

In a sensational interview subsequently conducted by Manette Loudon, Dr Graham shares some revealing insights into the mindset of the FDA and how it operates.

He explains that an inherent conflict of interest exists in the FDA because the office responsible for post-approval monitoring of drug safety is controlled by the very same organization which initially gives drug approval.

Clearly those who approve a drug are reluctant to initiate the same drug’s withdrawal, thereby admitting to their own mistakes. The result; the withdrawal of dangerous drugs from

the public place either fails to happen or is frequently well overdue.

He also mentions that the Prescription Drug User Fee Act (PDUFA) which was passed by Congress in 1992 has paved the way for drug companies to pay the FDA to speed up the review and approval of their drugs.

As Dr Graham explains, this has created a huge incentive and ‘yes culture’ within the FDA when it comes to drug approval.

“For industry, every day a drug is held up from being marketed, represents a loss of one to two million dollars of profit. The incentive is to review and approve the drugs as quickly as possible, and not stand in the way of profit-making”.

He goes on to say that the FDA mindset is basically one that “*views (the pharmaceutical) industry as its client (rather than the public), and the client is someone whose interest you represent*”.

Dr Graham also provides some important insights on how the FDA operates when he explains the part they play in drug efficacy, safety and benefits.

Dr Graham confirms that the FDA is good at determining drug *efficacy* ie whether a particular drug has an effect on a predetermined marker versus that of a placebo. He explains that the FDA assumes that a drug is ineffective, and therefore relies on the pharmaceutical company to prove its own drug’s efficacy.

However, he states that when it comes to determining drug *safety*, the FDA rates poorly because the reverse applies. The FDA assumes that the drug is safe, and relies on the drug company to prove its own drug's lack of safety! Naturally, this is something the drug company is not motivated to do!

He also states that the FDA has no interest in whether the drug has *benefits* to the patient in the longer term (ie whether it goes on to promote life) and has never conducted any 'benefit trials'.

A survey sponsored by the 'Union of Concerned Scientists' in 2006, also revealed that close to one-fifth of FDA scientists admitted that they *"have been asked, for non-scientific reasons, to inappropriately exclude or alter technical information or their conclusions in a FDA scientific document."*

When it comes to promoting their drugs, a study carried out by 'The Institute for Evidence-Based Medicine' in Cologne, Germany, showed that pharmaceutical companies were inclined to create a rather distorted image of their drugs in an attempt to promote sales using various means including exaggerating treatment results, minimizing the side-effects, suppressing the undesirable effects etc.

In fact this study revealed the startling data that ***94% of the promotional literature on pharmaceutical drugs which is sent to your doctor has 'no basis in scientific evidence!'***

This is somewhat disconcerting when you consider that this is quite frequently what your doctor will trust as their main reference material in electing to use a particular drug.

In reference to the relentless pharmaceutical media campaign, Ty Bollinger, author of the excellent and extremely comprehensive book, 'Cancer ~ Outside the Box' asks the very apt question, if drugs are so good for you as all the marketing would lead us to believe, then *"where are all the 'healthy' people on drugs?"*

He goes on to point out that the people taking these prescription drugs usually look somewhat grey, lacking in energy, depressed or have reduced mental clarity, while we are more likely to find the vibrantly healthy individuals when we pay a visit to our local organic market.

Now, as I have mentioned previously there are occasions when pharmaceutical drugs can be used effectively to avert a crisis. However, they should only ever be used in the short term while the cause is identified and corrected, and should never be relied upon to suppress a symptom over the long term! Better still, many crises can be avoided completely when we learn and embrace day-to-day health habits that ensure a healthy inner terrain.

It is possible to go into a lot more detail on the politics of 'Big Pharma' and the FDA than I have chosen to do here. That is not the point of this book, but rather simply an attempt to create an awareness that a reliance on pharmaceutical drugs is fraught with risks to our health and safety when considering the considerable conflicts of interest that exist.

In addition, and perhaps more crucially, this reliance is also contributing to our escalating health crisis in the western world by promoting an approach that not only suppresses symptoms

(and therefore our body's natural attempts at healing), but also encourages reliance on the industry and an associated lack of self-accountability in health.

Quite simply, modern society's reliance on pharmaceuticals is having a profound influence on the staggering cancer epidemic in several significant ways;

- 1) Resorting to regular pharmaceutical drugs is propagating our quick-fix mentality (see Chapter 5) while discouraging accountability in our day-to-day choices which directly dictate our health
- 2) By suppressing symptoms, drugs inhibit our 'inner doctor' which is ultimately responsible for our healing
- 3) ***Pharmaceutical drugs all contribute to cancer***, either *directly* (many are carcinogenic, as in chemotherapy drugs, or contain carcinogenic carriers or preservatives); or *indirectly* by adding to the workload of our liver (and other organs of our immune system) and in doing so contribute to a congested and toxic cellular terrain which impairs oxygen delivery to cells.

In summary, the process of creating, approving and promoting pharmaceutical drugs is deeply flawed and beset with conflicts of interest in an industry where the rewards are stupendous!

Therefore, while it is comforting perhaps to live in the belief that 'Big Pharma' (and the Cancer Industry as a whole) exists with the sole intention of preserving the health of the masses, this naivety and the resultant reliance on the industry it has encouraged, has led to such debilitating and far-reaching consequences to our health as a whole, it is almost impossible to quantify!

Perhaps Mike Adams (the 'Health Ranger') sums up our modern health crisis best.....

“Our system of modern medicine is a sham, folks. It is legalized drug pushing dominated by Big Pharma. The science is largely distorted (and often outright fraudulent), the ethics have all but disappeared, and the long term price of all this is going to be enormous. We have an unprecedented problem on our hands that's sickening an entire generation and creating stratospheric long term health care costs for the next round of working taxpayers unlucky enough to stumble onto all this.”

Chapter 12:

‘Bad genes’ didn’t cause your cancer!

Genes receive a lot of attention when discussing the subject of cancer. Sometimes it is with reference to cutting-edge breakthroughs that promise a cure for cancer that always lies ‘just around the corner’. At other times it may be used to refer to the reason we have cancer or the reason we are considered prone to cancer.

But genes are a frequently misinterpreted and arguably massively over-analyzed aspect of cancer therapy diverting our energy away from where it could be better spent - addressing and correcting the root causes in our every-day living that give rise to cancer.

Andreas Moritz quite bluntly puts it this way.....

“Cancer has always been an extremely rare illness, except in industrialized nations during the past 40-50 years. Human genes have not significantly changed for thousands of years. Why would they change so drastically now, and suddenly decide to kill scores of people?.....any good genetic researcher would tell you that such a belief is void of any logic and outright unscientific. ”

There are numerous different types of cancer that have shown a precipitous rise in the last few decades that simply defy a genetic explanation.

Take breast cancer; in the 1960's one in 20 women in the US were diagnosed with cancer, now that figure has risen to one in eight. Therefore just one generation later, we are seeing a more than doubling in the breast cancer incidence.

Or how about prostate cancer; in the short space of 1985-1996 prostate cancer diagnoses shot up from 85000 to 317000 cases per year in the US which again fails to be explained by genetic inheritance.

Then there's the important factor to consider of how certain groups of people that have previously enjoyed low incidences of cancer start experiencing increasing rates of cancer when they begin adopting western diets and ways of living. Not surprisingly, the reverse also applies when people move away from a western lifestyle and diet.

It is easy to see how we have gone 'down the path' of looking to genes for answers to cancer; after all cancer does involve a change in the genetic blueprint, otherwise referred to as a mutation as we have already explained. However, ***the fact that cancer involves genes does not equate with genetic heritability!***

We should not lose sight of the fact that nature always operates with purpose and wisdom. It is never random and nor does it choose to maliciously turn against us. The same is true for our genes which would never suddenly 'decide' to become faulty and create cancerous cells for no good reason.

Genes only change when they are forced to do so by an extreme change of cellular environment. A lack of oxygen, as is the case

with cancer, certainly counts as an example of an extreme environment.

Oncogenes have received a lot of attention because of their association with tumours. They regulate cell replication in normal cells but can become altered in a toxic cellular environment which results in them contributing to premature cell replication and thus uncontrolled tumour growth. What is important to note however, is that the oncogenes do not do this without reason; there is always a toxic terrain which serves as the trigger in altering them. Our focus should therefore be on the terrain and not the genes!

The one notable exception to genes altering secondary to a toxic terrain is the exposure to repeated radiation (x-rays) which causes direct damage to the DNA of the cells which in turn can result in cell mutation. Two examples of this would include subjecting ourselves to repeated x-rays for example in the screening for cancer, such as with mammograms, or in the case of radiation treatment for cancer - both of which are known to increase the risk of cancer.

While it may be easy to assume that cancer ‘runs in some families’ because more than one of the members of the family have succumbed to the same type of cancer, this is a false assumption.

Cancer is only more prevalent in certain families because the individuals of those families so frequently ‘inherit’ their way of living from their parents, who have learned similar lifestyle habits from their own parents in turn.

Consider how most families share similar ways of living; that being similar dietary choices, similar habits in taking exercise or not, similar emotional habits etc. When these family habits with regards to style of living are non-constructive, then it is not surprising that one or more family members in subsequent generations may be more predisposed to getting cancer.

When faulty genes are identified in certain families, their existence does not prove that they are the *cause* of a family susceptibility to cancer; but rather it simply identifies that family as being prone to develop ‘faulty genes’ because of their tendency to create an unhealthy cellular terrain with their lifestyle habits.

Apart from not standing up to science, being told that you have a faulty gene and therefore being made to live with the belief that you have a predestined likelihood of getting cancer is not a good way to be living. It is also not something we should be subjecting people to.

Most crucially however as already explained, when we live in fear and expectation of cancer for any reason, and in this instance because of a perceived ‘faulty gene’, we can quite literally help to manifest that reality!

It would be far more sensible to educate those family members about the lifestyle changes that should be adopted to improve their cellular terrain and thereby reduce their susceptibility to cancer.

Countless women around the world have resorted to the extreme measure of mutilating their healthy bodies by having elective

mastectomies in the hope of preventing cancer because the ‘experts’ have told them that they run a higher risk of getting breast cancer?

Others have elected to have their healthy ovaries and fallopian tubes removed in the hope of prevention of cancer of these tissues. Imagine the extent of the fear that exists to make you choose to mutilate your healthy body in the hope of preventing cancer!

The really sad part is that these extreme and misinformed operations do *not* guarantee protection against cancer, as is frequently seen when these women still succumb to cancer!

And of course when you understand cancer and the real reason for its development, then you know that it is not surprising that these women still get cancer.

Another unfortunate consequence of this false assumption about ‘faulty’ genes is the effect it can have of allowing those affected with these ‘faulty’ genes to feel exonerated from responsibility for their role in the development of cancer. All too frequently therefore, nothing changes in diet or lifestyle and therefore the habits, and the risks of cancer, persist!

In summary; blaming cancer on the genes does not live up to scientific scrutiny and unfortunately serves only in making us feel like the victim!

Perhaps the incessant research into genes is just another example of our apparent need to find that one cure for cancer; that simple ‘magic-bullet’ cure-all that our ‘quick-fix’ culture demands. Let me tell you now....it doesn’t exist!

However, this is not bad news; in fact it is extremely good news because we do not have to keep searching for answers in genes or elsewhere, because the answers are simple and we have them now!

We can heal cancer now and we can do so repeatedly with all types and all stages of cancer. However, the answer lies not in searching for magic-bullets, but in reminding ourselves that cancer develops due to an unhealthy terrain in our body and then focusing on addressing this.

It has already been mentioned that natural approaches to healing cancer are all too frequently approached as a last resort and therefore can prove to be less effective, not because they are not powerful in healing, but because the patient’s immune system (inner doctor) has been incapacitated following the powerfully immunosuppressive effects of their previous treatments.

There is another important reason however, that can contribute to poor success in natural treatments, and that lies in ***assuming that a natural approach to cancer treatment involves simply taking a natural non-patented cancer remedy in the place of the ‘Big 3’.*** This is missing the point completely, and is akin to simply exchanging one ‘quick-fix’ treatment with another!

While there are numerous highly effective natural remedies to facilitate the healing from cancer, I never advise that any of them be taken as a treatment in isolation, but rather as helpful tools as part of an overall program that has been designed to facilitate and accelerate the enhancement of the cellular terrain and ‘inner doctor’.

We need to understand that the poor terrain in the body which gave rise to cancer is multifactorial in origin; this meaning that there are numerous *secondary* causes arising from our life-style choices, environment and emotional habits, that in turn contribute to the *primary* cause of cancer which we know to be a lack of oxygen.

Therefore, by simply taking a natural remedy, even if it is non-toxic and potentially very effective, we may not be adequately enhancing our terrain nor supporting our inner doctor. Added to that, we could be ignoring the very causes that led to the development of cancer in the first place.

If we are to heal ourselves from cancer and live a life that is free of any fear of relapse, we must address the causes that initially led to an oxygen-deprived terrain while restoring a healthy terrain that will protect us into the future.

When we identify which of the secondary causes unique to us as individuals have contributed to cancer, then we can begin addressing and correcting them. This will have the effect of immediately enhancing our cellular terrain, and can be further enhanced and facilitated by the use of natural remedies.

Just as the understanding of cancer that is shared in this book requires a paradigm shift in approach, so does the complete and permanent healing of the individual frequently require a paradigm shift in living and in mindset.

The changes required when making this shift are mostly simple, but can be significant changes for some. However, for those who are ready to identify and embrace these necessary changes, cancer becomes easy to heal!

In short, there is no ‘quick-fix’ answer - natural or conventional - that can heal all cancers. To even hope for one is to simply miss the point and the purpose of cancer!

The sooner we grasp this and move on from the search for these non-existent ‘magic-bullets’ and focus instead on the simple protocols that can reinvigorate the foundation of a healthy ‘inner doctor’ while restoring a healthy terrain, the sooner cancer will cease to present as the formidable disease it does right now for so many!

Chapter 13:

To win the ‘War’, we must stop fighting!

Ever since President Richard Nixon launched the ‘war against cancer’ it has remained common place to hear the words ‘war’, ‘struggle’, ‘battle’, ‘destroy the cancer cells’, ‘kill the cancer’, ‘starve the tumour’ and so on.....

These words and phrases engender an energy that befits a battle field! But your body is not a battle field, and never should be viewed as one!

Let me remind you that the cells in our body do not *choose* to change into cancer cells – weak shadows of their former selves forced to survive in a hostile terrain. No, they are *forced* to change (mutate), and they do this to help us to survive, at least in the short term, while giving us an opportunity to correct the underlying reason that made this necessary.

In fact the congestion of acidic and toxic waste has to be considerable to create an asphyxiation of the cells sufficient to make them change their genetic blueprint! We need to consider the extent of the lack of harmony within the body that is necessary to force the cells to take such drastic action.

In short, instead of waging war within the body, we need to end the ‘war’ that already was! We need to re-establish harmony and balance within the body, and in so doing create a happy, healthy, rested, non-toxic and well-oxygenated body that has no need for tumours.

Terms such as ‘killing the cancer cell’ are not confined to the conventional approach either as I notice repeatedly when numerous natural remedies are promoted. We need to stop using these ‘words of war’ and instead be grateful for the infinite wisdom that our body is demonstrating in its effort to help us to survive when we have cancer! The cancer cells need to be appreciated too, instead of attacked!

Earlier we alluded to the fact that our *perception of cancer* is everything. It was mentioned that our perception, or understanding of cancer, would affect our approach to cancer and our treatment path. It would also affect our experience in having cancer, as well as our success in overcoming it.

So let’s look at two people with cancer and how their different perceptions could vastly dictate their journey with cancer.....

Let’s imagine **person A** believes that they have a killer disease. They believe that cancerous cells have turned against them and are multiplying out of control. This person imagines these rogue cells taking over their normal cells and then spreading around their body invading new organs and tissues to do the same.

Believing that modern medicine seems to have no answers for this mystery disease that has killed so many before them and which is threatening to do the same to them, they feel helpless and frightened.

In an attempt to destroy the tumours which appear to be the problem, they subject themselves to surgery and a grueling course of chemotherapy. The side-effects are horrendous and their immune system is crippled by the strong immunosuppressive effects of these drugs. They feel like the victim and find themselves asking the question, ‘why me?’

The tumours shrink for a while giving them a glimmer of hope, however they live in constant fear of the day the tumours could return. And when the tumours do return, as they are bound to because no fundamental changes have been made in their lives, they return in new places and seemingly more aggressive than before. They feel alone and frightened, and completely lacking in control.

Now consider **person B**. After the initial shock of being diagnosed with cancer, this person chooses to find out about what options exist for him or her. In the process, they come to learn what cancer really is. They are encouraged to hear that cancer is a sign that their body is on their side and that it is doing all it can to help them to survive.

Realizing that the tumour is a warning that they must act to correct their inner terrain, they set out to find out what changes they need to make to correct that terrain. They feel positive and

empowered, knowing that if they take action on this, that they have the power to dictate their own healing from cancer.

Far from feeling a victim, they understand that they played some part in making it necessary for their body to resort to cancer and they are grateful that the wisdom of their body has given them the opportunity to correct things.

Feeling in control, they make the necessary sweeping changes in their life and subsequently notice how the tumours begin to disintegrate and disappear. They feel empowered by the actions they have taken and the results they have created.

Knowing that it is crucial that they continue to maintain a healthy inner terrain, they continue living their life in a way that sustains this.

In summary; they took the opportunity to learn the lessons cancer had sent them, and now live a life enhanced!

There is an old saying that, '*what you resist, persists*'. We have been resisting cancer for a long time by fighting it, and it has not been serving us!

The Cancer Industry is geared for disease, not health. It is focused on fighting disease; identifying symptoms and then masking them with a multitude of different surgical techniques and pharmaceutical quick-fixes.

It is proud of its numerous screening programs that look for disease and boasts of progress made on early cancer detection. However, while on the surface this may appear to be a good thing, it brings our focus constantly back to disease as opposed to health. It keeps us on the look-out for disease and ensures that fear of the disease of cancer remains in the foreground of our minds.

However, one of the old Laws of Nature reminds us that ‘*what we look for and what we expect, we will surely find*’! So it is with cancer too!

Rather than looking for cancer and fighting it constantly, we need to focus on health instead. When we do this; when we focus on health and embrace health in everyday living, and we accept our accountability in health while learning more about how to enhance our inner terrain, then the constant ‘screening for cancer’ becomes obsolete!

Focus on health, and you will not need to live in fear of disease or fight against it! It is a vital, though almost universally overlooked aspect in the prevention and healing from cancer!

Chapter 14:

An Opportunity for a Life Enriched!

“No problem can be solved from the same level of consciousness that created it.” Albert Einstein

When we view cancer through a keyhole, we see it simply as a tumour. But cancer is so much more. It is a simple ‘dis-ease’ in that it is caused at the primary level quite simply by a lack of oxygen reaching the cells. But it is also highly complex because the numerous secondary causes that contribute to the lack of oxygen ensure that no two people will get cancer for the same reason nor experience it in the same way.

For this reason, any cancer treatment program should always be tailored to the individual, taking into account their unique traits and habits that may have contributed to making cancer necessary for survival.

“It is more important to know what sort of person has a disease than to know what sort of disease a person has.”

Hippocrates (460-377) BC

When we fail to read the signs that life has been sending us, then cancer will often force us to do so. We may have been putting off changing our overly demanding lifestyle for an extended time. Perhaps we have ignored the warnings that it was time to correct our diet, or we may have inadvertently been exposing

ourselves to excessive chemicals in our environment. Or maybe we have just ‘swept under the mat’ a longstanding emotional burden which seemed easier to ignore than to face. Each of these will adversely affect our inner balance and ultimately our cellular oxygenation.

Whatever the reason is for us, cancer provides the opportunity to correct the imbalance which exists within mind, body or spirit and which has kept us thus far from being whole.

Cancer has seemed so elusive to cure for so long and it will remain that way if we continue to view it simply as a wayward straying from the norm of the physical body that needs to be ‘reigned in’ with surgery and toxic drugs.

Instead, when we are ready to adopt a paradigm shift in mindset and ways of living that serve to restore a healthy inner terrain, we have already taken a giant step forward to healing completely and permanently from cancer!

We are living in an exciting time in the history of health and cancer. Increasingly, I am encouraged by the growing awareness of so many who innately understand that resorting to radical surgery and toxic protocols aimed purely at suppressing the symptoms can never give us lasting solutions to cancer.

While we cannot expect the powerful industries that enforce the ‘Big 3’ to change their stance on cancer treatment anytime soon, we as individuals can empower ourselves through gaining an

improved understanding of cancer, which will in turn enable us to make our own informed treatment choices.

In closing; none of what has been shared here is ‘rocket science’, and none of it is ‘new’. It is simply a gentle reminder that we have strayed from the answers that have always been there for us, but we haven’t always seen them.

The residing truth is that each of us has infinite healing powers within us; we only need to learn how to harness them!

For the thousands of people who have had cancer - of all types and all stages - who have been ready and willing to accept the lesson that life has sent them, and have made the changes that have restored harmony and balance in their lives; cancer has become a distant memory and a ‘gift’ that served to help them to step up to a new life filled with love, purpose and gratitude!

Yes, there is profound purpose in everything..... even cancer!

Wishing you immeasurable health and happiness!

A handwritten signature in cursive script that reads "Janey Little". The signature is written in dark ink and is positioned above a long, sweeping horizontal line that extends to the right.

Dr Janey

"The philosophies of one age have become the absurdities of the next and the foolishness of yesterday has become the wisdom of tomorrow." Sir William Osler (1902)

Note: To learn more about the specific changes that you as an individual may need to adopt to enhance your own inner terrain in preventing cancer or healing from cancer as covered in detail in the powerful *'7 Step Natural Cancer Program'* and other empowering Programs (shared in seminars and webinars worldwide), please go to: www.drjaney.com

Further Reading

Cancer is not a Disease by Andreas Moritz

Cancer ~ Outside the Box by Ty Bollinger

Outsmart your cancer by Tanya Harter Pierce M.A, MFCC

Cancer Diagnosis.....what to do next by W. John Diamond M.D
and W. Lee Cowden M.D with Burton Goldberg

Questioning Chemotherapy by Ralph W. Moss Ph.D

The Healing of Cancer by Dr Allen Levin

Cancer Free by Bill Henderson

Your Mind can heal your Body by Matthew Manning

***Politics in Healing: The Suppression and Manipulation of
American Medicine*** by Daniel Haley



The trend in rising cancer statistics is alarming.....

In the year 1900, 1 in 8000 people were diagnosed with cancer. In the year 2014, this figure is approaching 1 in 2 !

And when you do get cancer and resort to one of the standard approaches of treatment, that being chemotherapy; the 'success' rate you can expect is just over 2% ! (Journal of Clinical Oncology)

In '**Cancer... You Can Heal Yourself!**', Dr Janey Little shares another way of approaching cancer that is offering renewed hope to cancer patients and their families around the world.

In this book you are introduced to a different understanding of cancer that few people are aware of. Instead of fighting the tumour with toxic chemicals and radiation, it respects and aligns with the wisdom of the body and promotes powerful healing by addressing and correcting the root cause.

As you will learn, when you change your understanding of cancer, everything changes; your approach, your treatment, your experience of having cancer, and finally..... your success in overcoming it!

'**Cancer... You Can Heal Yourself!**' will take you on a journey that will leave you with a paradigm shift in your perception of this 'dis-ease'.

This you will find is nine tenths of the way to healing completely and permanently from cancer!

